

## **AUGUST 2021 GROUP FITNESS SCHEDULE**

		9:00 - 10:00	10:30 - 11:30	12:00 - 1:00	1:30 - 2:30	5:00 - 6:00
<b>MONDAY</b>	<b>Class</b> Instructor	<b>Dance</b> Bayley	<b>Strength Worx</b> Bayley	<b>Chair Yoga</b> Bayley		<b>ZUMBA</b> Angela
<b>TUESDAY</b>	<b>Class</b> Instructor	<b>Morning Mashup</b> Melanie	(see below) <b>INTERN YOGA</b> Gloria Haydon	<b>Strength, Balance &amp; Coordination</b> Barbara	<b>Volleyball</b>	<b>Yoga</b> Susan
<b>WEDNESDAY</b>	<b>Class</b> Instructor	<b>Functional Tabata</b> Alicia	<b>Yoga for Mobility</b> Jaime	<b>Silver Sneakers</b> Barbara		<b>Rejuvenation Yoga</b> Rebe
<b>THURSDAY</b>	<b>Class</b> Instructor	<b>Cardio/Boxing Intervals</b> Bayley	<b>Butts and Guts</b> Bayley	<b>Strength, Balance &amp; Coordination</b> Barbara	<b>Volleyball</b>	<b>ZUMBA</b> Angela
<b>FRIDAY</b>	<b>Class</b> Instructor	<b>Functional Training</b> Alicia	<b>Restorative Yoga</b> Alicia	<b>Silver Sneakers</b> Barbara		
<b>SATURDAY</b>	<b>Class</b> Instructor	<b>Warrior Cardio</b> Lisa	<b>Yoga</b> Susan			

**INTERN YOGA** - July 6, July 13, July 27, August 10, August 17, August 24 and August 31

Gloria Haydon will be joining us from the Lexington Healing Arts Academy to complete her "Externship Experience" in the yoga industry.

Gloria is a student in the LHAA Yoga Teacher Training program. Gloria will be sure to welcome your comments and advice as she learns.