



JANUARY 2 - FEBRUARY 23, 2020

MONDAY			
Class	Time	Instructor	Location
Indoor Cycling	5:15am	Sarah	Studio
Cycle & Sculpt	7:00am	Mai	Studio
Yoga	8:30am	Theresa	Studio
Indoor Cycling	9:30am	Cindy	Studio
Total Body	9:30am	Rose	Gym
Zumba®	10:30am	Charulata	Gym
Chair Yoga/Stretch	10:30am	Sandra	Studio
Silver Sneakers® Classic	11:30am	Marjorie	Studio
AOA Cardio/Weights	11:30am	Valerie	Gym
Tai Chi Kung	12:30pm	Connie	Studio
Cycle & Upper Body	5:30pm	Angela	Studio
Gentle Yoga	6:30pm	Sandra	Studio
Muscle Conditioning	7:30pm	Brian T.	Studio
Tai Chi advanced	7:30pm	Raymond	Teen Ctr
Zumba®	7:30pm	Gina	Gym
Indoor Cycling	8:30pm	Heather	Studio
TUESDAY			
Cardio/Strength	6:45am	Mai	Studio
Indoor Cycling	8:30am	Linda	Studio
Interval Training	9:30am	Cindy	Studio
Zumba®	10:30am	Christine	Gym
Pilates	10:30am	Consuelo	Studio
Vinyasa Yoga	11:30am	Nicole	Studio
Gentle Yoga	12:30pm	Nicole	Studio
Gentle Yoga	1:30pm	Nicole	Studio
Total Body	6:30pm	Valerie	Studio
Gentle Yoga	6:30pm	Maryann	Teen Ctr
Tai Chi Beginners	7:30pm	Raymond	Teen Ctr
Zumba®	7:30pm	Adele	Studio
Vinyasa Yoga	8:30pm	Nicole	Studio
WEDNESDAY			
Class	Time	Instructor	Location
Indoor Cycling	5:15am	Holly	Studio
Cardio Sculpt	8:30am	Brittany	Studio
Indoor Cycling	9:30am	Diane	Studio
Zumba®	9:30am	Deborah	Gym
Advanced Step	10:30am	Cindy	Studio
AOA Cardio/Weights	10:30am	Valerie	Gym
Silver Sneakers® Classic	11:30am	Jose	Studio
Chair Yoga/Stretch	12:30pm	Sandra	Studio
Cycle & Lower Body	5:30pm	Angela	Studio
Step Even/Cardio Odd	6:30pm	Iva	Studio
Yogalates	7:30pm	Consuelo	Studio
Tai Chi Intermediate	7:30pm	Raymond	Teen Ctr
Indoor Cycling	8:30pm	Heather	Studio

THURSDAY			
Class	Time	Instructor	Location
Cardio/Strength	6:45am	Mai	Studio
Indoor Cycling	8:00am	Linda	Studio
R.E.D Warrior®	9:00am	Adele	Studio
SOCA (first of the month)	9:00am	Deborah	Gym
Zumba	10:00am	Deborah	Gym
Gentle Yoga	10:00am	Betty	Studio
Vinyasa Yoga	11:00am	Betty	Studio
Qigong	12:00pm	Ellen	Studio
Teen /Adult Zumba®	5:30pm	Linda	Studio
Total Body	6:30pm	Brittany	Studio
Gentle Yoga	6:30pm	Sandra	Teen Ctr
Zumba®	7:30pm	Gina V.	Studio
Yoga	8:30pm	Joelle	Studio
FRIDAY			
Class	Time	Instructor	Location
Indoor Cycling	5:15am	Holly / Sarah	Studio
Indoor Cycling	8:30am	Diane/Angela	Studio
*AOA Cardio/Weights	9:30am	Valerie	Studio
Total Body	9:30am	Rose	Gym
Zumba Gold®	10:30am	Christine	Gym
Vinyasa Yoga	10:30am	Consuelo	Studio
Gentle Yoga	11:30am	Sandra	Studio
Silver Sneakers Classic	12:30PM	Jose	Studio
Step	6:30pm	Luigi	Studio
SATURDAY			
Class	Time	Instructor	Location
Indoor Cycling	8:00am	Cindy	Studio
Zumba®	8:15am	Charulata	Gym
Interval Training	9:00am	Jennifer	Studio
Yogalates	10:00am	Joelle	Studio
Beginner Pilates	11:00am	Joelle	Studio
Yoga	12:00pm	Sandra	Studio
SUNDAY			
Class	Time	Instructor	Location
Step	8:00am	Luigi	Studio
Total Body	9:00am	Carla	Studio
Zumba®	9:00am	Deborah	Gym
Gentle Yoga	10:00am	Paul	Studio
Indoor Cycling	11:00am	Heather	Studio

CLASS DESCRIPTIONS ARE LISTED IN THE PROGRAM GUIDE

First Thursday of the month is a NEW CLASS (SOCA) at 9:00am

NEW CLASSES HIGHLIGHTED IN YELLOW

* (AOA) Active Older Adult Cardio with weights

ALL CLASSES ARE 45-55 MINUTES IN LENGTH

