

GROUP EXERCISE VIRTUAL & LIVE CLASSES MAY 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8-8:45 Barre Fusion: Sadaf	8-8:45 Cardio & Strength: Pam	8:30-9:15 Barre Fusion: Betsy	8-8:45 Cardio Kick Box: Pam	8-8:45 Pilates Mat: Sadaf	
9:15-10:15 ZUMBA	9:15-10:15 Cardio & Strength: Lisa	9-10:15 Functional Core & Stretch: Susan	9:30-10:30 Zumba & Sculpt: Loren	9-10 Total Body Conditioning: Jess	9-10 Zumba Toning: Lisa K	9-10 Zumba: Juli
	11-11:45 Active Aging (Silver Sneakers): Lisa		11-11:45 Active Aging (Silver Sneakers): Pam	*Chair Yoga videos <i>on-demand library</i>	10:15-11 Active Aging (Silver Sneakers): Terri	10:15-11:15 Total Body Cond: Nicole
	5-5:45 Total Body Cond. Xpress: Nicole	5-5:45 TABATA Cardio & Strength: Lisa		5-6 Pain Free YOGA- Alan		
	6-7 Gentle Yoga: Alan	6-7 Zumba: Heather	6-7 Total Body Cond: Maria			

HIGHLIGHTED CLASSES ARE GOING HYBRID: VIRTUAL AND ON-SITE IN THE AEROBIC ROOM – ONLY 10 SAFE SPACED SPOTS FOR ON-SITE