

TOTAL BODY WELLNESS

May 2022

SUNDAY	MONDAY*	TUESDAY	WEDNESDAY**	THURSDAY***	FRIDAY	SATURDAY
Vinyasa Yoga (B) 9am-10am Nancy	Mat Pilates (B) 7am-8am Sharon	Total Body Strength (A) 7:30am-8:30am Lisa P			Ultimate Fitness (A) 7:30am-8:30am Lisa P	Boot Camp (FF/T) 8am-9am Ellen
Zumba® (A) 10am-11am Cathy (SUB)	Aqua Tone/Core (P) 9am-10am Anu	Aqua Cardio/Tone (P) 8:30am-9:30am Anu	Vinyasa Yoga (B) 9am-10am Del	Vinyasa Yoga (B) 9am-10am Del	Barre (MB) 9am-10am Missi	Vinyasa Yoga (B) 9am-10am Del
Core Strength (A) 11am-11:30am Cathy (SUB)	Vinyasa Yoga (B) 9am-10am Nancy	Zumba® Toning (A) 9:30am-10:30am Cathy	Circuit Training (FF) 10am-11am NEW TIME Vin	Interval Training (A) 10am-11am Liza	Tai Chi (A) 9am-10am Setsuko	Tabata Strength(A) 9am-10am Cathy Coming in June
						Zumba® (A) 10am-11am Ruchi
E	V	E	N	I	N	G
	Family Zumba® (MB) 6pm-7pm Donna	Vinyasa Yoga (B) 6:30pm-7:30pm Sharon	Interval Training (A) 6pm-7pm Cathy	Family Hatha Yoga 7pm-8pm (MB) Raji		
	Spinning® (T) 7pm-8pm Pat	Bollywood Fitness(A) 7pm-8pm Archana	Zumba® (A) 7pm-8pm Jeanette	Total Body Strength (A) 7pm-8pm Liza		
	*Monday, 05/30 Closed for Memorial Day		**Wed, 05/18 at 6pm DEMO Kid's Hip Hop Class	*** Thur 05/19 at 6pm DEMO Adult Hip Hop Class		

STUDIOS

A=Aerobics studio (upper level) **B**=Banquet hall **G**=Gymnasium **MB**=Mind Body studio (lower level)

FF= Fitness floor **O**=Outdoors **P**=Pool **T**=Training room (lower level)