

TOTAL BODY WELLNESS

JANUARY 1-31, 2023

SUNDAY*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HIIT (A) NEW 8am-9am Liza	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	Spinning® (T) 8am-9am Ellen
Vinyasa Yoga (B) 9am-10am Nancy	Vinyasa Yoga (B) 9am-10am Nancy	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
Zumba® (A) 10am-11am Maria	Zumba® (A) NEW 10am-11am Ruchi	Zumba® Toning (A) 9:30am-10:30am Cathy	Barre (MB) NEW 9am-10am Missi	Mixer (A) NEW 10am-11am Lisa P	Tai Chi (A) 9am-10am Setsuko	Tabata Strength(A) 9am-10am Cathy
Cardio Tone/Sculpt (MB) NEW 10:30am-11:30am Del			Circuit Training (FF) 10am-11am Vin		Beginner Yoga(PR) 10am-11am Nancy	Zumba® (A) 10am-11am Ruchi
STRONG 30 (A) 11am-11:30am Maria					Aqua Tone/Core (P) 12:30pm-1:30pm NEW Anu	Aqua Zumba® (P) 10am-11am Donna
E	V	E	N	I	N	G
	Family Zumba® (MB) 6pm-7pm Donna	Vinyasa Yoga (PR) 6:15pm-7:15pm Sharon	Interval Training (A) 6pm-7pm Cathy	Yoga Fusion (PR) 6:30pm-7:15pm Nancy	Kids Conditioning (G) 5:30pm-6:30pm Dee-Dee Ages 6-12	*Sunday, 01/01/2023 CLOSED NEW YEAR'S DAY
	Spinning® (T) 7pm-8pm Pat	Total Body Strength (A) 6pm-7pm NEW Vin	Zumba® (A) 7pm-8pm Jeanette	Total Body Strength (A) 7pm-8pm Liza	STRONG Nation (A) 6:30pm-7:30pm Maria	
	Hatha Yoga 7pm-8pm (MB) INSTRUCTOR	Bollywood Fitness(A) 7pm-8pm Archana	Family Yoga (MB) 7pm-8pm NEW INSTRUCTOR	Kids Bollywood 7pm-8pm (MB) Archana Ages 6-12		

STUDIOS

A=Aerobics studio (upper level) B=Banquet hall G=Gymnasium MB=Mind Body studio (lower level)
 FF= Fitness floor O=Outdoors PR=Party Room (Next to Lobby) P=Pool T=Training room (lower level)