

Total Body Wellness

MAY 2023

05/01-05/31



MONDAY*	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAT PILATES 7AM-8AM(B) SHARON	SUNRISE POWER FLOW 6:15AM-7:15AM (B) NANCY		SUNRISE POWER FLOW 6:15AM-7:15AM (B) NANCY	ULTIMATE FITNESS 7:30AM-8:30AM (A) LISA P	TABATA STRENGTH 9AM-10AM (A) CATHY	HIIT 9AM-10AM (A) LIZA
VINYASA YOGA 9AM-10AM (B) NANCY	TOTAL BODY STRENGTH 7:30AM-8:30AM (A) LISA P	VINYASA YOGA 9AM-10AM (B) DEL		BARRE FIT 9AM-10AM(MB) MISSI	VINYASA YOGA 9AM-10AM (B) DEL	VINYASA YOGA 9AM-10AM (B) NANCY
ZUMBA®/ZUMBA TONING 10AM-11AM (A) RUCHI	AQUA CARDIO TONE 8:30AM -9:30AM(P) ANU	BELLYDANCE FITNESS 10AM-11AM (A) VIN NEW	VINYASA YOGA 9AM-10AM (B) DEL	TAI CHI 9AM-10AM (A) Setsuko	ZUMBA® 10AM-11AM (A) RUCHI	Zumba® 10AM-11AM (A) MARIA
	ZUMBA® TONING 9:30AM-10:30AM(A) CATHY		MIXER 10AM-11AM (A) LISA P	BEGINNER YOGA 10AM-11AM (B/ PR) NANCY	AQUA ZUMBA® 10AM-11AM (P) DONNA	CARDIO TONE/SCULPT 10:30AM-11:30AM (MB) DEL
		GENTLE FLOW YOGA 12PM-12:45PM (B) SHARON NEW		AQUA TONE/CORE 12:30PM-1:30PM (P) ANU		STRONG 30 11AM-11:30AM (A) MARIA
FAMILY ZUMBA® 6PM-7PM (MB) DONNA	VINYASA YOGA 6:15PM-7:15PM (B) SHARON	INTERVAL TRAINING 6PM-7PM (A) CATHY	POP UP CLASSES 6PM-7PM To Be Announced	BOLLYWOOD FITNESS 5:30PM-6:30PM (A) ARCHANA	*CLOSED MEMORIAL DAY 05/29	Studio
SPINNING® 7PM-8PM (S) PAT NEW ROOM	TOTAL BODY STRENGTH 6PM-7PM (A) VIN	ZUMBA® 7PM-8PM (A) JEANETTE	FAMILY YOGA 6:30PM-7:30PM(PR) NITA	KIDS CONDITIONING 5:30PM-6:30PM(G) DEE-DEE		Fitness Floor-FF
HATHA YOGA 7PM-8PM (MB) PRIYANKA	Zumba® 7PM-8PM (A) Zumba® Instructor	YOGA FUSION 7PM-7:8PM (PR) Priyanka NEW INSTRUCTOR	TOTAL BODY STRENGTH 7PM-8PM (A) LIZA	STRONG BY ZUMBA® 6:30PM-7:30PM (A) MARIA		Gymnasium-G
			KIDS BOLLYWOOD 7PM-8PM (MB) ARCHANA			Aerobics Studio
						Upper Level- A
						Mind Body Studio
						Lower Level-MB
						Spin Room
						Basement Level- S
						Party Room
						Lobby Area -PR
						Banquet Hall-B

For more information contact the Director of Total Body Wellness at liza@usawac.com

Schedule subject to change. For updates, please check your email