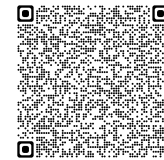


# TOTAL BODY WELLNESS

## NOVEMBER 1-30, 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	Spinning® (T) 8am-9am Ellen <b>NEW</b>
Zumba® (A) 10am-11am Maria	Aqua Tone/Core (P) 9am-10am Anu	Aqua Cardio/Tone (P) 8:30am-9:30am Anu	Vinyasa Yoga (B) 9am-10am DeL (SUB NANCY 11/9 & 11/16)	Vinyasa Yoga (B) 9:30am-10:30am Del (SUB SHARON 11/3, 11/10/ & 11/17) <b>NEW TIME</b>	Barre (MB) 9am-10am Missi	Vinyasa Yoga (B) 9am-10am Del
STRONG 30 (A) <b>NEW</b> 11am-11:30am Maria	Vinyasa Yoga (B) 9am-10am Nancy	Zumba® Toning (A) 9:30am-10:30am Cathy	Circuit Training (FF) 10am-11am Vin	Interval Training (A) 10am-11am Liza	Tai Chi (A) 9am-10am Setsuko	Tabata Strength(A) 9am-10am Cathy
					Beginner Yoga(PR) 10am-11am Nancy	Zumba® (A) 10am-11am Ruchi
						Aqua Zumba® (P) 10am-11am Donna
<b>E</b>	<b>V</b>	<b>E</b>	<b>N</b>	<b>I</b>	<b>N</b>	<b>G</b>
	Family Zumba® (MB) 6pm-7pm Donna	Vinyasa Yoga (PR) 6:15pm-7:15pm Sharon	Interval Training (A) 6pm-7pm Cathy	Yin Yoga (PR) 5:30pm-7:15pm Nancy	Kids Conditioning (G) 5:30pm-6:30pm Dee-Dee Ages 6-12 <b>NEW</b>	<b>*11/24-Thanksgiving Day-CLOSED</b>
	Spinning® (T) 7pm-8pm Pat	Bollywood Fitness(A) 7pm-8pm Archana	Zumba® (A) 7pm-8pm Jeanette	Total Body Strength (A) 7pm-8pm Liza	STRONG Nation (A) 6:30pm-7:30pm Maria <b>NEW</b>	<b>** 11/25 Black Friday Hours 9am-9pm -No evening classes</b>
	Hatha Yoga 7pm-8pm (MB) Priyanka (SUB)			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)