

Total Body Wellness September 2023

Effective 09/01-09/30



MONDAY *	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAT PILATES 7AM-8AM (B) SHARON	SUNRISE POWER FLOW 6:30 AM-7:15AM (B) NANCY		SUNRISE POWER FLOW 6:30 AM-7:15AM (B) NANCY NEW CLASS	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 9:15AM-10:15AM(A) VIN	VINYASA YOGA 9AM-10AM (B) DEL	TAI CHI 9AM-10AM (A) Setsuko CANCELED-RETURN IN NOV	ZUMBA® 10AM-11AM (A) RUCHI	Zumba® 10AM-11AM (A) MARIA
	ZUMBA® TONING 9:30AM-10:30AM(A) CATHY		MIXER 10AM-11AM (A) LISA P		AQUA ZUMBA® 10AM-11AM (P) DONNA	CARDIO TONE/SCULPT 10:30AM-11:30AM (MB) DEL
				AQUA TONE/CORE 12:15PM-1PM (P) ANU NEW TIME		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	ADULTS HULA HOOP FITNESS 6PM-7PM (A) ANGELA NEW CLASS	BOLLYWOOD FITNESS 5:30PM-6:30PM (A) ARCHANA	*CLOSED FOR LABOR DAY SEPT 4TH	Studio
ZUMBA TONING 6:30PM-7:30PM (A) MARIA NEW CLASS	MAT PILATES 7:15PM-8PM (B) SHARON NEW CLASS	ZUMBA® 7PM-8PM (A) JEANETTE	FAMILY YOGA 6:30PM-7:30PM(PR) RAJI NEW INSTRUCTOR	KIDS CONDITIONING 5:30PM-6:30PM(G) DEE-DEE NEW CLASS STARTS 9/8		Fitness Floor-FF
SPINNING® 7PM-8PM (S) PAT	TOTAL BODY STRENGTH 6PM-7PM (A) VIN	YOGA FUSION 7PM-7:8PM (MB) PRIYANKA	TOTAL BODY STRENGTH 7PM-8PM (A) LIZA	STRONG NATION® 6:30PM-7:30PM (A) MARIA		Gymnasium-G
HATHA YOGA 7PM-8PM (MB) PRIYANKA	ZUMBA® 7PM-8PM (A) STACY	SPINNING® 7:15PM-8:15PM (S) PAT NEW CLASS	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