

TOTAL BODY WELLNESS

September 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	Boot Camp (FF/T) 8am-9am Ellen
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	Vinyasa Yoga (B) 9am-10am Del	Barre (MB) 9am-10am Missi	Vinyasa Yoga (B) 9am-10am Del
Core Strength (A) 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 NEW - SEPT 17TH & 24TH
E	V	E	N	I	N	G
	Family Zumba® (MB) 6pm-7pm Donna	Vinyasa Yoga (PR) 6:15pm-7:15pm Sharon NEW TIME & ROOM CHANGE	Interval Training (A) 6pm-7pm Cathy	Yin Yoga (PR) 6:30pm-7:15pm Nancy		
	Spinning® (T) 7pm-8pm Pat	Bollywood Fitness(A) 7pm-8pm Archana	Zumba® (A) 7pm-8pm Jeanette	Total Body Strength (A) 7pm-8pm Liza		
	Hatha Yoga 7pm-8pm (MB) Raji	Core Strength (MB) 7:15pm-8pm Vin	Family Hatha Yoga 7pm-8pm (MB) Raji			

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)