

# TOTAL BODY WELLNESS

JUNE 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) <b>NEW</b> 9am-10am Cathy
						Zumba® (A) 10am-11am Ruchi
<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 (B) 6:30pm-7:30pm Sharon	Interval Training (A) 6pm-7pm Cathy	Family Hatha Yoga 7pm-8pm (MB) Raji		
	Spinning® (T) 7pm-8pm Pat	Bollywood Fitness(A) 7pm-8pm Archana	Zumba® (A) 7pm-8pm Jeanette	Total Body Strength (A) 7pm-8pm Liza		
		Barre (MB) <b>NEW</b> 7:15pm-8pm Vin	Yin Yoga (MB) <b>NEW</b> 7pm-7:45pm Nancy			

## STUDIOS

A=Aerobics studio (upper level) B=Banquet hall G=Gymnasium MB=Mind Body studio (lower level)

FF= Fitness floor O=Outdoors P=Pool T=Training room (lower level)