

Winter 2017 Group Exercise Schedule

MORNING

EVENING

Monday	9-9:50am: Silver Sneakers Yoga	6-6:50: Barre Fitness (Deb Saldana)
	10:15-11:05: Silver Sneakers Classic	7-8pm: Slow Flow Yoga (Sarah Hyland)
Tuesday	6-7am: Spin (Sandy McGuire)	4:45-5:30pm: Total Body Stretch
	9-10am: Barre Fitness (Deb Coren)	7-8pm: Hatha Yoga (Beth Ann Rush)
	10-11am: Zumba Gold (Elizabeth Luff)	
	<i>* Guided Strength Workouts: 8-8:50am (all ages); 9-9:50 (all ages); 10-11am (age 60+); 11am-12pm (Women 35+)*</i>	
Wednesday	10:15-11:05: Silver Sneakers Classic (Deb Coren)	6-7pm: Spin (Roberta Makatche)
	11:30-12:30pm: Tai Chi Chih (Bruce Lee)	
Thursday	6-6:50pm: Barre Fitness (Deb Coren)	
	9-9:50am: Silver Sneakers Yoga (Beth Ann Rush)	
	<i>* Guided Strength Workouts: 8-8:50am (all ages); 9-9:50 (all ages); 10-11am (age 60+); 11am-12pm (Women 35+)*</i>	
Friday	6-7am: Spin (Sandy McGuire)	
	9-9:50am: Barre Fitness (Deb Saldana)	
	10:15-11:05am: Silver Sneakers Classic (Deb Coren)	
	11:15-Noon: Total Body Stretch	
Saturday	7:30-8:30am: Spin (Sandy McGuire)	
	8:50-9:50am: Power Yoga (Beth Ann Rush)	