

Winter 2019 Health and Fitness Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Early Morning	5:30-6:45 AM Sue S Early Morning Yoga	5:45-6:30 AM Jess Early Morning Pump	5:30-6:45 AM Sue S Early Morning Yoga Mix	5:45-6:30 AM Jess Early Morning Pump	5:30-6:45 AM Sue S Early Morning Yoga	
	5:45-6:30 AM Jess P90X Live				5:45-6:30 AM Jess Fun Friday	
	6:00-7:00 AM Mary Early AM Striders		6:00-7:00 AM Mary Early AM Striders		6:00-7:00 AM Mary Early AM Striders	8:00-8:45 AM Sue M Power Pump
		8:00-9:30 AM Sue S Strength Training A	8:00-9:15 AM Zorayda Self-Awakening Yoga	8:00-9:30 AM Sue S Strength Training A		
Morning	9:30-10:15 AM Steve Morning Motivator- Metafit	9:30-11:00 AM Sue S Strength Training B	9:30-10:15 AM Gwen Morning Motivators- strength/core/balance	9:30-11:00 AM Sue S Strength Training B	9:30-10:15 AM Gwen Morning Motivators- cardio & strength	
	9:30-10:45 AM Zorayda Basic Yoga		9:30-10:45 AM Christina Mixed Level Yoga		9:30-10:45 AM Rebecca Yoga Basics	9:00-10:15 AM Jocelyn Vinyasa Flow Yoga
				9:30-10:45 AM Christina Gentle Yoga		
	10:20-11:05 AM Stacey Swing Shift 50+		10:20-11:05 AM Gwen Swing Shift 50+		10:20-11:05 AM Gwen Swing Shift 50+	10:30-11:45 AM Rebecca Prenatal
Afternoon	11:00-12:15 PM Christina Gentle Yoga	12:00-12:45 PM Lauren Baby Boomer Boogie	11:20-12:20 PM Zorayda Yoga For Non-Flexible	12:00-12:45 PM Lauren Baby Boomer Boogie		12:00-12:30 PM Rebecca Mom & Me Yoga
	12:30-1:30 PM Elaine Arthritis	1:00-1:45 PM Lauren Chair Yoga	12:30-1:30 PM Elaine Arthritis	1:00-1:45 PM Lauren Chair Yoga		
Evening	5:30-6:15 PM Sue Hardcore	5:15-6:00 PM Beth Power Pilates	5:15-6:00 PM Stacey Boogie Blast 50+	5:30-6:15 PM Becky Zumba	5:15-6:15PM Vicky Sculpting the Next Step	
	5:15-6:30 PM Sue S Power Yoga	5:30-6:45 PM Zorayda Mindful Yoga	5:10-5:55 PM Linda Total Barre	5:30-6:45 PM Jocelyn Yoga Fundamentals	5:15-6:30 PM Sue S Yoga Stretch w/ Rolling	
	6:20-7:05 PM Sue M H.I.I.T	6:05-6:50 PM Gwen Work it Circuits	6:00-6:45 PM Kristie Core De Force	5:15-6:00 PM Sue M Hardcore		
	7:10-7:55 PM Cheryl ZUMBA			6:05-6:50 PM Sue M Cardio Fusion		
	8:00-8:45 PM Cheryl Cardio Dance Tone	7:00-8:00PM Central CT Tai Chi Tai Chi	7:00-8:15 PM Zorayda Therapeutic Yoga	7:00-7:45 PM Lisa ZUMBA		
	7:00-8:15 PM Zorayda Therapeutic Yoga	7:00-8:00 PM Kellie Yoga Form & Slow Flow	7:30-8:30 PM Fee ZUMBA			