



TOTAL BODY WELLNESS

January 24th - 30th

Sunday

9am Vinyasa Yoga with Nancy

10am Zumba with Maria

Monday

7am Pilates with Sharon

6pm Vinyasa Yoga with Nancy

Tuesday

7:30am Total Body Strength with Lisa P

6:30pm Vinyasa Yoga with Sharon

Wednesday

6:15am Total Body Strength with Ellen

9am Vinyasa Yoga with Del

Thursday

9am Vinyasa Yoga with Del

Friday

7:30am Ultimate Fitness with Lisa P

Saturday

8am Outdoor Boot Camp with Ellen

9am Vinyasa Yoga with Del

CLASSES HELD IN THE BANQUET HALL, GYMNASIUM OR OUTDOORS