

# TOTAL BODY WELLNESS

## NOVEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday**	Friday***	Saturday
VINYASA YOGA Nancy 9am-10am (B)	MAT PILATES Sharon 7am-8am (B)	TOTAL BODY STRENGTH Lisa P 7:30am-8:30am (G)	TOTAL BODY STRENGTH Ellen 6am-7am (T)	VINYASA YOGA Del 9am-10am(B)		BOOT CAMP/ SPINNING® Ellen 8am-9am (O/T)
ZUMBA® Maria 10am-11am (A)	<b>NEW TIME</b> AQUA TONE/CORE Matt (Sub for Anu) 10:15am-11:15am (P)	AQUA CARDIO/TONE Matt (Sub for Anu) 8:30am-9:30am (P)	VINYASA YOGA Del 9am-10am (B)	INTERVAL TRAINING/ ZUMBA® Liza 10am-11am(A)	ULTIMATE FITNESS Lisa P 7:30am-8:30am (G)	ZUMBA® Ruchi 9am-10am (A)
Core Strength Maria 11am-11:30am (A)		ZUMBA® TONING Cathy 9:30am-10:30am(A)			<b>NEW</b> TAI CHI Setsuko 10:30am-11:30am (A)	VINYASA YOGA Del 9am-10am (B)
	FAMILY ZUMBA® Donna B 6pm-7pm(MB) Ages 4 & up	VINYASA YOGA Sharon 6:30pm-7:30pm (B)	INTERVAL TRAINING Cathy 6pm-7pm (A)	<b>NEW</b> Total Body Strength Liza 7pm-8pm (A)		
	SPINNING® Pat 7pm-8pm (T)	<b>NEW TIME</b> KIDS BOLLYWOOD DANCE Archana 7pm-8pm(MB)		HATHA YOGA Raji 7pm-8pm (MB)	<b>** 10/25 Thanksgiving Day-CLOSED</b>  <b>***10/26 Black Friday Hours-9am-5pm</b>	<b>*Alternating</b>

### STUDIOS

**A** = Aerobics studio (upper level)    **B** = Banquet Hall    **G** = Gymnasium    **MB** = Mind body studio (lower level)  
**O** = Outdoors    **P** = Pool    **T** = Training Room (lower level)