

TOTAL BODY WELLNESS

JULY 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)	NEW TIME TOTAL BODY STRENGTH Ellen 6am-7am (O)		NEW TIME VINYASA YOGA Nancy 8am-9am (B)	BOOT CAMP Ellen 8am-9am (O)
ZUMBA® Maria 10am-11am (A)		NEW AQUA CARDIO/TONE Anu 8:30am-9:30am (P)	VINYASA YOGA Del 9am-10am (B)	VINYASA YOGA Del 9am-10am(B)	ULTIMATE FITNESS Lisa P 7:30am-8:30am (G)	NEW ZUMBA® Ruchi 9am-10am (A)
STRONG NATION™ Maria 11am-11:30am (A)	FAMILY ZUMBA® Donna B 6pm-7pm (A) <i>Ages 4 & up</i>	VINYASA YOGA Sharon 6:30pm-7:30pm (B)	INTERVAL TRAINING Cathy 6pm-7pm (A)			VINYASA YOGA Del 9am-10am (B)
						TAI CHI Setsuko 9:30am-10:30am (A)

STUDIOS

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