



TOTAL BODY WELLNESS

SCHEDULE FOR WEEK OF 9/27-10/3

Sunday

9am Vinyasa Yoga with Nancy

10am Zumba with Maria

Monday

9am SoulBody Barre with Missi

Tuesday

10am Total Body Strength with Donnamarie

Thursday

9am Vinyasa Yoga with Del

Friday

9am Mixer with Lisa P

Saturday

8am Outdoor Boot Camp with Ellen

9am Vinyasa Yoga with Del

CLASSES HELD IN THE BANQUET HALL OR OUTDOORS