



TOTAL BODY WELLNESS

June 1-30, 2021



Sunday

9am Vinyasa Yoga with Nancy

10am Zumba with Maria

11am-11:30am STRONG Nation™ with Maria **(NEW)**

Monday

7am Pilates with Sharon

6pm Family Zumba® with Donna B. (Ages 4+) **(Starts 6/14)**

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

6pm Interval Training with Cathy T **(NEW)**

Thursday

9am Vinyasa Yoga with Del

Friday

7am Vinyasa Yoga with Nancy

7:30am Ultimate Fitness with Lisa P

5:30pm Family Yoga (Ages 10+) **(NEW)**

Saturday

8am Outdoor Boot Camp with Ellen

9am Vinyasa Yoga with Del

9:30am Tai Chi with Setsuko



CLASSES HELD IN THE
BANQUET HALL, GYMNASIUM OR OUTDOORS