

SCHEDULE August 3-30th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Starting 8/11: 7:15 am Tabata Bootcamp		7:15 am Tabata Bootcamp (Studio A & FB Live)			
8:00 am Strength & Cardio Jane (Studio A & Facebook Live)		8:00 am Zumba Susan		8:00 am Core Fusion Jane (Studio A & Facebook Live)	PRE-RECORDED 8:00-1:00 pm Zumba Susan via Zumba App	
9:15 am Cycle (Gym)	9:15 am Strength Train Together Erin (Gym)	9:15 am Pilates Annette (Studio A & Facebook Live)	9:15 am Strength Train Together Lorelei/ Strength Laura (Gym)	9:15 am Step & Strength - 60 min. Jane (Gym)	9:00 AM Strength Leslie via Facebook Live	9:15 am BollyX Bhavika via Zoom
Starting Aug 10: 10:30 am Chair Yoga Laurie via Facebook Live	10:30 am Senior Fitness Annette (Studio A & Zoom)	10:30 am Yoga Shred Erin	10:30 am Senior Fitness Annette (Studio A & Zoom)	10:30 am Gentle/ Vinyasa Flow Erin via Facebook Live	10:15 am Pilates Jane via Facebook Live	
			1:00 PM Tai Chi for Healthy Aging Jon via Zoom			
5:00 pm Power Yoga Cheryl	5:30 pm Zumba Ericka (Gym)	5:00 pm Bootcamp Stephen	5:30 pm Cycle Leslie (Gym)	PRE-RECORDED 3:00-8:00 pm Zumba Ericka via Zumba App		
6:15 pm Strength Train Together Lorelei/ Leslie (Gym)		6:15 pm Active Together Jane (Gym)	6:30 PM Zumba Nikki (Studio A & Facebook Live)			
PRE-RECORDED 4:00-9:00 pm Zumba Nikki via Zumba App						

	Online Class
	Outdoor Class

Disclaimer: As with all exercise programs, you need to use caution and listen to your body. By performing any fitness exercises, you are performing them at your own risk. We encourage you to exercise at your own pace and stop if you are

*In case of inclement weather, outdoor classes will meet in the gymnasium