

Fitness Studio Class Calendar – Winter Session 2015

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00		Tai Chi Basics	Chair Yoga		Tai Chi Basics
		9-9:55 a.m.	9-9:55 a.m.		9-9:55 a.m.
9:30	Gentle Yoga				
	9:30-10:25 a.m.	Emily	Theresa		Emily
10:00			Beginners Yoga		
	Theresa		10-10:55 a.m.		
10:30		Basic Fitness		Basic Fitness	
		10:30-11:25 a.m.	Theresa	10:30-11:25 a.m.	
11:00	Prenatal Yoga		Back to Balance		Back to Balance
	11-11:55 a.m.	Emily	11-11:55 a.m.	Joy	11-11:55 a.m.
11:30					
	Lindsey		PT		PT
12:00					
	Stretch & Move		Tai Chi Express	Stretch & Move	Weekend Ready
12:30	12:15-12:50 p.m.		12:15-12:50 p.m.	12:15-12:50 p.m.	12:15-12:50 p.m.
	Lindsey		Emily	Joy	PT

	Monday	Tuesday	Wednesday	Thursday	Friday
3:30				Cardio and Core	
				3:30-4:25 p.m.	
4:00			3:45-4:40 p.m.		
				Joy	
4:30	Yoga For Movement		Emily	Tabata	
	4:30-5:25 p.m.			4:30-5:25 p.m.	
5:00			Beginners Yoga		
	Lisa Marie		5-5:55 p.m.	Joy	
5:30		Healthy Back Class		Healthy Back Class	
		5:30-6:25 p.m.	Lindsey	5:30-6:25 p.m.	
6:00			Prenatal Yoga		
		PT	6-6:55 p.m.	PT	
6:30					
			Lindsey		