

FEBRUARY VACATION

GROUP FITNESS and WELLNESS SCHEDULE

February 20TH –February 26TH



MONDAY

6:30-7:30a **Sunrise Yoga**-Cheryl-Board Rm.
8:30-9:30a Sheng Zhen Healing Qigong-Michele-Bresslin Rm.
8:30-9:30a **Zumba**-Alejandra-Studio
9:00-10:00a **Spin**-Perry
9:30-10:30-Cardio/ Strength-Diana-Studio
10:30-11:30a **Vinyasa Yoga**-Jody-Bedford Rm.
6:00-7:00p **Zumba**-Alejandra-Studio
7:00-8:00p Total Body Conditioning

TUESDAY

5:40-6:40a-**Spin**-Steve
8:15-9:30a **Hatha Yoga**-Leslie-Bresslin Rm.
8:30-9:30a **Spin**-MaryAnn
9:30-10:30a Stretch and Strength-Shelley-Bedford Rm.
10:00-11:00a **Pilates Mix**-Pam-Bresslin Rm.
10:30-10:45a 15 min Abs-Shelley-Stretch Rm.
10:45-11:45a Ballet Barre Workout-Lisa-Studio
6:00-7:00p **Pilates Mat**-Pam-Bedford Rm.
7:00-7:45p **Spin**-Shelly
7:00-8:15p **Vinyasa Yoga**-Board Rm.

WEDNESDAY

5:45-6:30a Total Body Conditioning-Gerald-UGym
6:30-7:30a **Sunrise Yoga**-Cheryl-Board Rm.
8:30-9:30a Dance Fusion-Gayle-Studio
9:30-10:30a Gentle Yoga-Wendy-Bresslin Rm.
9:30-10:30a Cardio/Strength-Shelley-Studio
10:00-10:15a 15 min Yoga Stretch-Leslie-Stretch Rm.
10:30-11:45a **Hatha Yoga**-Leslie-Bresslin Rm.
11:00-11:45a Cardiolicious-Shelley-Studio
12:00-1:00p Feldenkrais-Leigh-Bresslin Rm.
5:30-6:30p **Vinyasa Yoga**-Matan-Board Rm.
6:30-7:30p **Zumba**-Mary Lynn-Studio
6:30-7:15p **Spin**- Brandon

THURSDAY

5:40-6:40a **Spin**-Clay/Steve
8:15-9:15a **Yoga** –Alison-Bedford Rm.
8:30-9:30a Qigong-Michelle-Studio
9:00-10:00a **Spin**-Judy
9:30-10:15a Light, Low and Lively -Bedford Rm.
9:30-10:30a **Zumba**-Diana-Studio
10:00-11:00a **Pilates Mat**-Christina-UGym
6:00-7:00p **Pilates Mat**-Shelly G.-Bedford Rm.
7:00-7:45p **Spin**-Shelly G.
7:00-8:00p **Vinyasa Yoga**-Cheryl-Board Rm.
7:00-8:00p Kickbox Conditioning-Gerald

FRIDAY

8:30-9:30a Dance Fusion-Gayle
9:30-10:30a Total Body Conditioning-Judy-Bedford
9:30-10:30a **Step**-Diana-Studio
9:30-10:30a Align and Stretch-Gayle-Bresslin Rm.
10:30-11:45a **Yoga**-Greg-Bedford Rm.
11:00-12:00p **Zumba Gold**-Diana-Studio
5:30-6:30p **Kripalu Yoga**-Maria-Board Rm.

SATURDAY

8:15-9:15a-**Spin**-Sara
8:30-9:30a **Zumba**-Karen-Studio
9:30-10:30a **Pilates Mat**-Jane-Studio
9:30-10:30a **Spin**-Patty/Lory
9:30-10:30a **Gentle Yoga**- Christina-Board Rm.
11:00-12:15p **Vinyasa Flow**-Cheryl-Board Rm.

SUNDAY

9:15-10:15a **Spin**-Fred/Shelly
9:30-10:30a **Zumba**-Diana-Studio
10:30-11:30a **Pilates Mix**-Pam-Studio
11:30-12:30a **Yoga**-Nancy-Board Rm.
3:30-4:45p **Restorative Yoga**-Cheryl-Board Rm.

Class schedule is subject to change.