

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
170001-A1/A2 5:45-6:45 a.m. Spin w/ Deb	170012-B1 5:35-6:20 p.m. Hardcore Bootcamp w/ Jerry *Gym	170001-A1/A2 5:45-6:45 a.m. Spin w/ Ron	1700012-C1 5:35-6:20 p.m. Bootcamp w/ Jerry	170001-A1/A2 5:45-6:45 a.m. Spin w/ Deb	170020-D1 7-7:45 a.m. Work the Circuit w/ Jerry	
170003-A1/A2 7-8 a.m. Fitness Walking w/ Ron	170013-A1/A2 7-7:45 a.m. Interval Training w/ Chelsea	170025-C1/C2 7-8 a.m. All Levels Yoga w/ Bill	170020-C1/C2 🧘 9:15-10 a.m. Work the Circuit w/ Mandy	170037-C1/C2 🧘 9:45-10:45 a.m. Water Fitness I w/ Lizzie	170026-A1/A2 🧘 9:30-10:45 a.m. Power Yoga I w/ Sharon	
170076-A1/A2 🧘 9-9:30 a.m. TRX w/ Jess *Gym	170028-B1/B2 🧘 9-10 a.m. Pilates w/ Props w/ Deb G	170003-B1/B2 7-8 a.m. Fitness Walking w/ Ron	170019-A1/A2 🧘 10:15-11:15 a.m. Yoga Tune Up w/ Helen	170046-B1/B2 🧘 10:30-11:30 a.m. Gentle Yoga w/ Sharon		
170004-A1/A2 🧘 9:30-10 a.m. Take Home Tabata w/ Liza	170022-B1/B2 🧘 10:00-10:45 p.m. Silver Sneakers Yoga w/ Mandy *Comm. Rm.	170003-A1/A2 🧘 9-9:30 a.m. Kettlebells w/ Jess *gym	170008-B1/B2 🧘 10:30-11:15 p.m. Silver Sneakers Circuit w/ Mandy *Comm. Rm.	170067-A1/A2 🧘 11-11:45 a.m. Silver Sneakers Splash w/ Lizzie		
170037-A1/A2 🧘 9:45-10:45 a.m. Water Fitness w/ Lizzie	1170041-A1/A2 🧘 10:45-11:30 a.m. Aqua Therapy w/Dorinda	170032-A1 🧘 9-10 a.m. Salsa Fit w/ Kelly	1170041-A1/A2 🧘 10:45-11:30 a.m. Aqua Therapy w/ Dorinda	170015-C1/C2 🧘 12-12:45 p.m. Silver Sneakers Classic w/ Lizzie *Comm. Rm.		
170024-B1/B2 🧘 10:15-11:15 p.m. All Levels Yin/Yang Yoga w/ Sharon	170022-B1/B2 🧘 11-11:45 a.m. Silver Sneakers Yoga w/ Mandy *Comm. Rm.	170037-B1/B2 🧘 9:45-10:45 a.m. Water Fitness w/ Lizzie	170022-A1/A2 🧘 11:20-12:05 a.m. Silver Sneaker Yoga *comm room			
170015-A1/A2 🧘 11-11:45 p.m. Silver Sneakers Cardio Circuit w/ Lizzie *Comm. Rm.	170041-B1/B2 🧘 11:35-12:20 p.m. Aqua Therapy w/Dorinda	170046-A1/A2 🧘 10:30-11:30 a.m. Gentle yoga w/ Sharon	170041-B1/B2 🧘 11:35-12:20 p.m. Aqua Therapy w/ Dorinda			
170015-A1/A2 🧘 12-12:45 p.m. Silver Sneakers Classic w/ Lizzie *Comm. Rm.	170021-A1/A2 12-12:45 p.m. Yoga Core w/ Sharon	170008-C1/C2 11-11:45 a.m. Silver Sneakers Circuit w/ Lizzie *Comm. Rm.	170010-A1/A2 🧘 4:15-5:15 p.m. Yoga Flow w/Sharon			
170075-B1/B2 🧘 12:15-12:45 p.m. Kettlebells w/ Jess *gym	170017-A1/A2 🧘 12-12:30 p.m. MCC Mini Pump w/ Mandy *Gym	170015-B1/B2 🧘 12-12:45 p.m. Silver Sneakers Classic w/ Lizzie *Comm. Rm.	170051-A1/A2 🧘 5:30-6 p.m. Core Express w/ Mandy			
170074-A1 🧘 12:15-12:45 p.m. Kettlebells Basics w/ Jess *gym	1700007-A1/A2 🧘 5-6 p.m. Total Barre® w/ Diana	170036-B1/B2 🧘 6:30-7:30 p.m. Aqua Power w/ Lizzie	170014-A1/A2 🧘 6:05-6:50 p.m. Functional Strength w/ Mandy			
170027-A1/A2 🧘 4:15-5:15 p.m. Intermediate Pilates w/ Margherita	170025-B1/B2 🧘 6:15-7:15 p.m. All Levels Yoga w/ Bill	170012-A1 🧘 6:30-7:15 p.m. Boot Camp w/Jerry	170029-A1/A2 🧘 6-7:15 p.m. Taste of Tai Chi & Qigong w/ George *Comm. Rm.			
170073-A1/A2 5:30-6:15 p.m. TRX Pump w/ Mandy *Gym			170030-A1/A2 🧘 7:30-8:45 p.m. Cont. Tai Chi w/ George*Comm. Rm.			
170077-A1/A2 🧘 6:20-7:05 p.m. Cardio Kickbox w/ Mandy *gym						
170036-A1/A2 🧘 6:30-7:30 p.m. Aqua Power w/ Lizzie						

Summer 2016

Session 1 Begins

Monday, June 20th
and ends

Sunday, July 17th

Session 2 Begins

Monday, July 18th
and ends

Sunday, August 14th

Child care is open for
children ages 1-7 during
classes marked with 🧘