Fitness Classes & Exercise Schedules

Mansfield PARKS & RECREATION

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
170021-A1 5:35-6:20 a.m. **Yoga Boost** w/ Eileen	170021-B1 5:35-6:20 a.m. **Yoga Boost** w/ Eileen	170074-A1 5:35-6:20 a.m. **Yoga Boost** w/ Eileen	170021-B1 5:35-6:20 a.m. **Yoga Boost** w/ Eileen	170001-A1/A2 6-7 a.m. **Spin** w/ Paul	170007-A2 5:45-7 a.m. **Core Spin** w/ Kathy	170025-B1/B2 8:15-9:15 a.m. **All Levels Yoga** w/ Patty
170001-A1/A2 6-7 a.m. **Spin** w/ Paul		170001-A1/A2 6-7 a.m. **Spin** w/ Paul		170040-A2 8:30-9:15 a.m. **Gentle Water Workout** w/Kathy	170037-B2 7:15-8:15 a.m. **Water Fitness I** w/ Kathy	
170016-A1/A2 7-8 a.m. **MCC Pump** w/ Elle *Gym	170025-C1/C2 8-9 a.m. **All Levels Yoga** w/ Patty		170016-B1/B2 7-8 a.m. **MCC Pump** w/ Elle *Gym	170025-F1/F2 9-10 a.m. **All Levels Yoga** w/ Sharon		
170035-A2 8:35-9:35 a.m. **20-20-20 Cardio** w/ Kathy	170037-A2 8:35-9:35 a.m. **Water Fitness I** w/ Kathy	170038-A1/A2 8:30-9:30 a.m. **Aqua Zumba®** w/ Patty F.	170025-C1/C2 8-9 a.m. **All Levels Yoga** w/ Patty 170037-A2 8:35-9:35 a.m. **Water Fitness I** w/ Kathy	170077-~~B1~~/B2 12:15-1:15 p.m. **Zumbatomic®** w/ Amy		
170039-A2 9:45-10:45 a.m. **Water Fitness II** w/ Kathy	170019-A2 9:45-10:45 a.m. **Body Toning** w/ Kathy	170032-A1/A2 9:15-10:15 a.m. **Salsa Fit** w/ Kelly	170019-A2 9:45-10:45 a.m. **Body Toning** w/ Kathy	170034-~~C1~~/C2 1:30-2:30 p.m. **Zumba®** w/ Amy	170020-A1/A2 9:30-10:45 a.m. **Moderate Yoga Flow** w/Sharon	
170077-~~A1~~/A2 9:45-10:45 a.m. **Zumbatomic®** w/ Amy	170052-A2 10:50-11:50 a.m. **Yogalates** w/ Kathy	170046-A1/A2 10:30-11:30 a.m. **Gentle Yoga Flow** w/ Sharon	170052-B2 10:50-11:50 a.m. **Yogalates** w/ Kathy			
170025-D1/D2 Noon-1:15 p.m. **All Levels Yoga** w/ Nancy	170041-A1/A2 10:45-11:30 a.m. **Aqua Therapy** w/ Dorinda	170025-E1/E2 Noon-1:15 p.m. **All Levels Yoga** w/ Nancy	170041-A1/A2 10:45-11:30 a.m. **Aqua Therapy** w/ Dorinda FULL	170067-A1 3-3:45 p.m. **Pool Pilates** w/ Margherita	x= canceled	
170066-A1/A2 2-2:45 p.m. **Aqua Arthritis** w/ Lizzie	170041-B1/B2 11:35 a.m.-12:20 p.m. **Aqua Therapy** w/ Dorinda FULL		170041-B1/B2 11:35 a.m.-12:20 p.m. **Aqua Therapy** w/ Dorinda FULL	170033-A1/A2 5-6 p.m. **Zumba® Toning** w/ Patty F.		
170023-A2 4-5:15 p.m. **Iron Yoga** w/ Sharon	170025-A1/A2 Noon-1:15 p.m. **All Levels Yoga** w/ Sharon	170066-B1/B2 2-2:45 p.m. **Aqua Arthritis** w/ Lizzie	170012-B1/B2 4-5 p.m. **Hardcore Boot camp** w/ Jerry	170076-A1/A2 6-7 p.m. **Zumba® Gold** w/Patty F.		
170027-A1 4:15-5:15 p.m. **Intermediate Mat Pilates** w/ Margherita		170083-A1 4:30-5:30 p.m. **Body Alignment** w/ Bruce * Community Room	170051-A1/A2 5:30-6 p.m. **Step Express** w/ Anne	170036-C1/C2 6:30-7:30 p.m. **Aqua Power** w/ Melissa	**Block Schedule** Summer 2012 **Session 1 Runs** **June 18 – July 15** **Session 2 Runs** **July 16 – August 12** **Unless otherwise noted in class description** **Child care is open for children ages 1-7 during these classes**	
170034-A1/A2 5:30-6:30 p.m. **Zumba®** w/ Fran	170012-A1/A2 4-5 p.m. **Hardcore Boot camp** w/ Jerry	170055-A1/~~A2~~ 5:20-6:20 p.m. **Corefusion** w/ Dorinda	170014-A1/A2 6-6:45 p.m. **Functional Strength** w/Anne			
170023-A1 6:45-8 p.m. **Iron Yoga** w/ Sharon			170075-A2 6:15-7:15 p.m. **Kettlebells 101** w/ Jess *Gym			
170036-A1/A2 6:30-7:30 p.m. **Aqua Power** w/ Lizzie	170034-~~B1~~/B2 6:15-7:15 p.m. **Zumba®** w/ Amy *Gym	170036-B1/B2 6-7 p.m. **Aqua Power** w/ Lizzie	170029-A1/A2 6-7:15 p.m. **A Taste of Tai Chi** w/ George *comm. room 170030-A1/A2 7:30-8:45 p.m. **Cont. Tai Chi** w/ George *comm room			