

# GROUP EXERCISE SCHEDULE

Schedule Effective: **October 5th, 2020 ALL**  
**VIRTUAL unless otherwise noted**



See website and newsletter for special workshops & retreats.

M	T	W	TH	F	S	SU
<b>9:30-10:15AM</b> Barre Zoom & Live Andrea	<b>7:45-8:45AM</b> Body Flow Janet	<b>7:00-7:45AM</b> Mat Pilates Zoom & Live Andrea	<b>9:00-9:45AM</b> Burn Factor Monica	<b>9:00-9:45AM</b> Barre Zoom & Live Andrea	<b>10:00-10:45AM</b> Cardio Kick Nicole Zoom & Live	<b>9:30-10:20AM</b> Zumba Zoom & Live Allison
<b>10:30-11:15AM</b> Foam Rolling Susan	<b>9:30-10:15AM</b> Burn Factor Nicole	<b>9:30-10:15AM</b> Level XT Nicole Zoom & Live	<b>10:00-10:45AM</b> Mat Pilates Zoom & Live Andrea	<b>10:00-10:55AM</b> Body Flow Janet	<b>11:30-12:15PM</b> Mat Pilates Susan	<b>11:00 - 12:00PM</b> Body Flow Lori
<b>2:00-2:45PM</b> Tai Chi Melissa	<b>10:30-11:15AM</b> Mat Pilates Zoom & Live Andrea	<b>10:30-11:15AM</b> Foam Rolling Kevin	<b>2:00-2:45PM</b> Tai Chi Melissa	<b>11:00-11:50AM</b> Move & Groove Zoom & Live Valentina	<b>2:00-2:45PM</b> Tai Chi Melissa	
<b>6:00-6:45PM</b> Strength Circuit Gina	<b>12:30-2:00PM</b> Meditation/Yoga Julie	<b>12:30-2:00PM</b> Yoga Julie	<b>4:00-4:45PM</b> BSAF MaryDuke	<b>4:00-4:45PM</b> BSAF MaryDuke	<b>4:30-5:15PM</b> Mobility & Stretch MaryDuke	
<b>6:15-7:00PM</b> Restorative Yoga Melissa	<b>4:00-4:45PM</b> BSAF MaryDuke	<b>3:00-3:45PM</b> BSAF Susan  <b>5:30-6:30PM</b> Gentle/Restorative Yoga Susan		<b>5:00-5:45PM</b> Restorative Yoga Melissa		

Email individual instructors by 8pm the day before to register for Zoom classes. A minimum of 3 participants per class. Registration required.

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