

GROUP EXERCISE SCHEDULE

Schedule Effective: **December 1, 2020 ALL**
VIRTUAL unless otherwise noted



See website and newsletter for special workshops & retreats.

M	T	W	TH	F	S	SU
9:30-10:15AM Barre Zoom & Live Andrea	8:30 - 9:25AM Body Flow Janet	7:00-7:45AM Mat Pilates Zoom & Live Andrea	9:00-9:45AM Burn Factor Monica	9:00-9:45AM Barre Zoom & Live Andrea	10:00-10:45AM Cardio Kick Nicole Zoom & Live	9:30-10:20AM Zumba Zoom & Live Allison
10:30-11:15AM Foam Rolling Susan	9:30-10:15AM Burn Factor Nicole	9:30-10:15AM Level XT Nicole Zoom & Live	10:00-10:45AM Mat Pilates Zoom & Live Andrea	10:00-10:55AM Body Flow Janet	11:30-12:15PM Mat Pilates Susan	11:00 - 12:00PM Body Flow Lori
2:00-2:45PM Tai Chi Melissa	10:30-11:15AM Mat Pilates Zoom & Live Andrea	10:30-11:15AM Foam Rolling Kevin	2:00-2:45PM Tai Chi Melissa	11:00-11:50AM BANG Zoom & Live Valentina	2:00-2:45PM Tai Chi Melissa	
6:00-6:45PM Strength Circuit Gina	12:30-2:00PM Meditation/Yoga Julie	12:30-2:00PM Yoga Julie	4:00-4:45PM BSAF MaryDuke	4:00-4:45PM BSAF MaryDuke	4:30-5:15PM Mobility & Stretch MaryDuke	
6:15-7:00PM Restorative Yoga Melissa	4:00-4:45PM BSAF MaryDuke	3:00-3:45PM BSAF Susan 5:30-6:30PM Gentle/Restorative Yoga Susan		5:00-5:45PM 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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