

GROUP EXERCISE SCHEDULE

Schedule Effective: **April 1st, 2021**

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 | 9:30-10:15AM Cardio Kick Nicole Zoom & Live | 9:30-10:20AM Zumba Zoom & Live Allison |
| 9:30-10:30AM Mat Pilates 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 | 10:30-11:30AM Mat Pilates Susan | 11:00 - 12:00PM Body Flow Lori |
| 10:45-11:30AM Foam Rolling Susan | 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 | |
| 2:00-2:45PM Tai Chi Melissa | 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 | | |
| 4:00-4:45PM Mobility & Stretch MaryDuke | 4:00-4:45PM BSAF MaryDuke | 3:00-3:45PM BSAF Susan | | 5:00-5:45PM Restorative Yoga Melissa | | |
| 6:00-6:45PM Strength Circuit Gina | | | | | | |
| 6:15-7:00PM Restorative Yoga Melissa | | | | | | |

Email individual instructors by 8pm the day before to register for Zoom classes. A minimum of 4 participants per class. Registration required.

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