

GROUP EXERCISE SCHEDULE

Schedule Effective: **July 17th, 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	7:45-8:45AM Body Flow Janet	7:00-7:45AM Mat Pilates Zoom & Live Andrea NEW	9:00-9:45AM Burn Factor Monica	9:00-9:45AM Barre Zoom & Live Andrea	10:00-10:45AM Cardio Kick Nicole	8:30 - 9:15AM Cardio & Core Jocie
10:30-11:15AM Foam Rolling Susan NEW	9:30-10:15AM Burn Factor Nicole	9:30-10:15AM Level XT Nicole	10:00-10:45AM Mat Pilates Zoom & Live Andrea	10:00-10:55AM Body Flow Janet	11:30-12:15PM Mat Pilates Susan	9:30-10:20AM Zumba Zoom & Live Allison NEW
10:30-11:15AM Full Body Jocie	10:30-11:15AM Mat Pilates Zoom & Live Andrea	10:30-11:15AM Foam Rolling Kevin	11:00-11:50AM Move & Groove Zoom & Live Valentina NEW	4:00-4:45PM BSAF MaryDuke	2:00-2:45PM Tai Chi Melissa	11:00-12:00PM Body Flow Lori NEW
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	5:00-5:45PM Restorative Yoga Melissa NEW	4:30-5:15PM Mobility & Stretch MaryDuke	
6:00-6:45PM Strength Circuit Gina	4:00-4:45PM BSAF MaryDuke	2:00-2:45PM Tai Chi Melissa				
6:15-7:00PM Restorative Yoga Melissa NEW		3:00-3:45PM BSAF Susan				
		5:30-6:30PM Gentle/Restorative Yoga Susan NEW				

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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