



**MODIFIED SCHEDULE**  
**11/19 - 11/23**

	<i>Time</i>	<i>Duration</i>	<i>Class</i>	<i>Location</i>	<i>Instructor</i>
<b>MON</b>	8:10am	45	Gentle A.M. Yoga	Studio 2	Marisa
	9:00am	45	Essentials	Studio 1	Marisa
	10:00am	50	Cardio Yoga Pilates	Studio 2	Julie
	10:15am	45	Active Older Adults (AOA)	Studio 1	Sarah
	5:15pm	45	Cardio, Core & More	Studio 1	Marisa
	6:00pm	45	Prenatal Yoga	Studio 1	Marisa
	7:45pm	50	Zumba Step	Studio 2	Cinthia
<b>TUES</b>	5:30am	55	Boot Camp	Studio 2	John
	10:00am	45	TRX Interval	Studio 1	Kathy
	10:00am	45	Zen	Studio 2	Julie K
	5:15pm	45	Essentials	Studio 2	Marisa
	6:00pm	45	Train with a Trainer	Studio 1	Lou Ann
	6:00pm	45	Yoga	Studio 2	Marisa
	7:00pm	60	Kick/Sculpt/Core	Studio 2	Cinthia
	8:00pm	60	Sunset Yoga	Studio 2	Sue
<b>WED</b>	8:10am	45	Chair Yoga	Studio 2	Marisa
	9:00am	45	TRX Interval	Studio 1	Kathy
	9:00am	45	Barre Fit	Studio 2	Marisa
	9:50am	45	Cardio Core and More	Studio 2	Marisa
<b>TH</b>			Facility Open 7:00 am -1:00 pm		
<b>FRI</b>	8:10am	45	Gentle A.M. Yoga	Studio 2	Marisa
	9:00am	45	Zumba	Studio 1	Cinthia
	9:00am	45	Cardio, Core & More	Studio 2	Marisa
<b>SA</b>	8:00am	55	Boot Camp	Studio 2	John