

AUG 26 – SEPT 1 GROUP FITNESS CLASS SCHEDULE

All classes are in the Community Room A/B unless otherwise noted

MONDAY, AUGUST 26

9:00 – 10:00 am

Iyengar Yoga | Brina

10:30 – 11:20 am

Aerobics w/ Strength Training | Ivy

11:30 am – 12:15 pm

Silver Sneakers | Elizabeth

1:00 – 1:45 pm

Lunch Crunch Zumba | Bobby

7:00 – 8:15 pm

Vinyasa Yoga | Natalia

TUESDAY, AUGUST 27

9:45 – 10:45 am

Tai Chi | Roberto

11:15 am – 12:00 pm

Low Impact Cardio and Conditioning | Louise

12:30 – 1:15 pm

Lunch Crunch Pilates | Elizabeth

6:15 – 7:15 pm

Nia Jazz | Yvonne

7:30 – 8:30 pm

Boxing | Jacob

WEDNESDAY, AUGUST 28

9:00 – 10:00 am

Hatha Yoga | Susan

10:30 – 11:20 am

Aerobics w/ Strength | Ivy

11:30 am – 12:15 pm

Silversneakers | Ivy

2:00 – 3:00 pm

Juggling | Alice

6:15 – 7:15 pm

Zumba | Nicole



THURSDAY, AUGUST 29

7:00 – 8:00 am

Sunrise Yoga (Rooftop, unless raining) | Paola

11:00 – 11:50 am

Pilates Fundamentals (Playroom) | Bridgette

11:00 – 11:45 am

Groove Young at Heart with Weights | Yvonne

6:30 – 7:15 pm

Tabata | Josue

7:30 – 8:45 pm

Iyengar Yoga | Brina

FRIDAY, AUGUST 30

7:00 – 8:00 am

Tai Chi | Roberto

9:00 – 10:00 am

Hatha Yoga | Chintamani

11:00 – 11:45 am

Zumba Gold | Denise

12:00 – 12:45 pm

Lunch Crunch Bootcamp | Johari

1:00 – 2:00 pm

Sit + Be Fit | Sheila

6:15 – 7:15 pm

Nia Dance | Yvonne

SATURDAY, AUGUST 31

9:00 – 10:00 am

Total Body Burn | Toni

12:15 – 1:15 pm

Tai Chi | Roberto

SUNDAY, SEPTEMBER 1

9:00 – 9:50 am

Sunday HIITS | Johari

10:00 – 11:30 am

Vinyasa Yoga | Lorrie

11:45 am – 12:45 pm

Sunday Pilates | Tara

1:00 – 2:00 pm

Zumba | Celeste

MONDAY, SEPTEMBER 2 | Closed for Labor Day

TUESDAY, SEPTEMBER 3 | Regular Schedule