

FALL ADULT & SENIORS FITNESS PROGRAMS

MONDAY

Gentle (Hatha) Yoga	9:45-10:45 AM
Baby & Me Yogalates (Post-Natal)	11:00 AM-12:00 PM
Funky Fitness	3:15-4:15 PM
Afro-Latin Groove	7:15-8:15 PM

TUESDAY

Functional Fitness	9:15-10:15 am
Yoga-Pilates Fusion	10:30-11:30 am
Tuesday Sweat & Strength	11:45 am-12:45 pm
Bootcamp	
Funky Fitness	4:00-5:00 PM
Qigong	5:15-6:15 PM
Body Sculpt & Condition	6:30-7:30 PM

WEDNESDAY

Gentle Fitness	9:30-10:30 AM
Tai Chi & Qigong	11:00 AM-12:00 PM
Seniors Cardio Strength	5:15-6:15 PM
Cardio Strength	6:30-7:30 PM

THURSDAY

Full Body Strengthening (Class 1)	1:30-2:30 PM
Full Body Strengthening (Class 2)	2:45-3:45 PM
Cardio Shred	6:00-7:00 PM

FRIDAY

Tai Chi & Qigong	10:00-11:00 AM
Tai Chi Sword & Kungfu Fan	11:15 AM-12:15 PM
Seniors Afro-Latin Groove	4:30-5:30 PM
Afro-Latin Groove	5:45-6:45 PM

SATURDAY

Saturday Sweat & Strength	11:00 AM-12:00 PM
Bootcamp	
Yoga	12:15-1:15 PM
Just Dance (Your Way)	12:15-1:15 PM
Pilates	1:30-2:30 PM
Afro-Cuban Dance (Class 1)	2:45-3:45 PM
Afro-Cuban Dance (Class 2)	3:45-4:45 PM

SUNDAY

Seniors Bollywood Dance	2:45-3:45 PM
Dance Mix Sundays	3:00 PM-4:00 PM
Bollywood Dance	4:00-5:00 PM

NO CLASS

Gentle (Hatha) Yoga	Oct 12
Baby & Me Yogalates	Oct 12
Funky Fitness	Oct 12
Afro-Latin Groove	Oct 12
Gentle Fitness	Sept 30 Nov 11
Tai Chi & Qigong	Sept 30 Nov 11
Seniors Cardio Strength	Sept 30 Nov 11
Cardio Strength	Sept 30 Nov 11