



FITNESS SCHEDULE STARTING JANUARY 2021 - updated 1.22.21

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
9:00 - 9:45 Active Yoga - S&G <i>Mica Saunders</i> F, S, B	9:00 - 9:30 Circuit Training - S&G <i>Niki Barr</i> S, A, B	9:30 - 10:00 Greatest HIITS - S&G <i>Markese Hayden</i> S, B	9:00 - 9:30 Circuit Training - S&G <i>Niki Barr</i> S, A, B	9:30 - 10:15 Chair/Barre - S&G <i>Lynn Rosen Stone</i> S, B, F
10:00 - 10:45 Sculpting Arms - S&G <i>Lynn Rosen Stone</i> S, B	9:45 - 10:30 Better Bones - S&G <i>David Curtis</i> S, B	10:30 - 11:30 Tai Chi - GOLD <i>Eric Johnson</i> F, S, B	9:00 - 9:45 Gentle Yoga - S&G <i>Mica Saunders</i> F, S, B	10:00 - 10:30 Senior Strong - S&G <i>Ilysa Cohen</i> S, F, B, P
11:00 - 11:30 Senior Strong - S&G <i>Ilysa Cohen</i> S, F, B, P	10:30 - 11:15 Lower Body Blast S&G <i>Lynn Rosen Stone</i> S, B, F	10:45 - 11:45 Cardio Fit - Advanced - GOLD <i>Howard Silverstein</i> A, S, B	10:45 - 11:30 Better Balance S&G <i>David Curtis</i> B, F, P	
11:00 - 11:45 Pilates - Gold <i>Lynn Rosen Stone</i> F, S, B	11:00 - 11:45 Get in the Groove - FREE <i>Ilysa Cohen</i> A, S, B	11:00 - 11:45 Get in the Groove - FREE <i>Ilysa Cohen</i> A, S, B	11:00 - 11:45 Gotta Dance - S&G <i>Lynn Rosen Stone</i> A, S, B	
11:00 - 12:00 Cardio Fit - S&G <i>Howard Silverstein</i> A, S, B	11:00 - 12:00 Chair Yoga - GOLD <i>Mary Mayhew</i> F, S, B	12:00 - 1:00 Cardio Fit - GOLD <i>Howard Silverstein</i> A, S, B	12:00 - 1:00 Cardio Fit - GOLD <i>Howard Silverstein</i> A, S, B	
12:15 - 1:00 Intro Line Dancing - S&G <i>Howard Silverstein</i> A, S, B	12:00 - 1:00 Zoetic Meditations - FREE <i>Liora Brunn</i> B	1:15 - 2:15 Rock Steady Boxing - FREE <i>Markese Hayden</i> P, A, B, S		
1:15 - 2:15 Rock Steady Boxing - FREE <i>Markese Hayden</i> P, A, B, S		2:30 - 3:30 Better Bones - S&G <i>David Curtis</i> S, B		
		3:30 - 4:30 Better Balance - S&G <i>David Curtis</i> B, F		

Added or New Classes

- (S) Strength Training
- (F) Flexibility
- (B) Balance
- (A) Aerobic
- (P) Parkinson's