



# FITNESS SCHEDULE updated 1.1.22

## Mondays

## Tuesdays

## Wednesdays

## Thursdays

## Fridays

<b>9:15 - 10:15 (V)</b> <b>Basic Cardio Fit - S&amp;G</b> <i>Howard Silverstein</i> A, S, B	<b>9:00 - 9:30 (V)</b> <b>Circuit Training - S&amp;G</b> <i>Ilysa Cohen</i> S, A, B	<b>9:00 - 9:45 (V)</b> <b>Active Yoga - S&amp;G</b> <i>Mica Saunders</i> F, S, B	<b>9:00 - 9:30 (V)</b> <b>Circuit Training - S&amp;G</b> <i>Ilysa Cohen</i> S, A, B	<b>8:30 - 9:00 (V)</b> <b>Greatest HIITS - S&amp;G</b> <i>Markese Hayden</i> S, B
<b>10:00 - 10:45 (V)</b> <b>Sculpting Arms - S&amp;G</b> <i>Lynn Rosen Stone</i> S, B	<b>9:45 - 10:30 (V)</b> <b>Better Bones - S&amp;G</b> <i>David Curtis</i> S, B	<b>9:15 - 10:15 (O)</b> <b>Advanced Cardio Fit</b> <i>Howard Silverstein</i> A, S, B	<b>9:00 - 9:45 (V)</b> <b>Gentle Yoga - S&amp;G</b> <i>Mica Saunders</i> F, S, B	<b>9:30 - 10:15 (V)</b> <b>Chair/Barre - S&amp;G</b> <i>Lynn Rosen Stone</i> S, B, F
<b>10:30 - 11:30 (V)</b> <b>Intro Line Dancing - S&amp;G</b> <i>Howard Silverstein</i> A, S, B	<b>10:00 - 11:00 (V)</b> <b>Chair Yoga - G</b> <i>Mary Mayhew</i> F, S, B	<b>9:15 - 9:45 (V)</b> <b>Greatest HIITS - S&amp;G</b> <i>Markese Hayden</i> S, B	<b>9:15 - 10:15 (V)</b> <b>Advanced Cardio Fit - G</b> <i>Howard Silverstein</i> A, S, B	<b>9:45 - 10:45 (O)</b> <b>Basic Cardio Fit</b> <i>Howard Silverstein</i> A, S, B
<b>11:00 - 11:30 (V)</b> <b>Senior Strong - S&amp;G</b> <i>Ilysa Cohen</i> S, F, B, P	<b>10:30 - 11:15 (V)</b> <b>Lower Body Blast S&amp;G</b> <i>Lynn Rosen Stone</i> S, B, F	<b>10:30 - 11:30 (V)</b> <b>Tai Chi - G</b> <i>Eric Johnson</i> F, S, B	<b>10:30 - 11:30 (O)</b> <b>Basic Cardio Fit</b> <i>Howard Silverstein</i> A, S, B	<b>10:00 - 10:30 (H)</b> <b>Senior Strong - S&amp;G</b> <i>David Curtis</i> S, F, B, P
<b>11:00 - 11:45 (V)</b> <b>Pilates - G</b> <i>Lynn Rosen Stone</i> F, S, B	<b>11:00 - 11:45 (V)</b> <b>Get in the Groove</b> <i>Ilysa Cohen</i> A, S, B	<b>10:30 - 11:30 (V)</b> <b>Basic Cardio Fit - G</b> <i>Howard Silverstein</i> A, S, B	<b>11:00 - 11:45 (V)</b> <b>Gotta Dance - S&amp;G</b> <i>Lynn Rosen Stone</i> A, S, B	<b>11:00 - 12:00 (V)</b> <b>Basic Cardio Fit - G</b> <i>Howard Silverstein</i> A, S, B
<b>1:15 - 2:15 (V)</b> <b>Rock Steady Boxing</b> <i>Markese Hayden</i> P, A, B, S		<b>11:00 - 11:45 (V)</b> <b>Get in the Groove</b> <i>Ilysa Cohen</i> A, S, B	<b>12:00 - 12:45 (V)</b> <b>Better Balance S&amp;G</b> <i>David Curtis</i> B, F, P	<b>(A) Aerobic</b> <b>(B) Balance</b> <b>(F) Flexibility</b>
		<b>1:15 - 2:15 (V)</b> <b>Rock Steady Boxing</b> <i>Markese Hayden</i> P, A, B, S	<b>2:00 - 3:00 (O)</b> <b>Cardio Drumming</b> <i>Ilysa Cohen</i> A, S	

**(V) Virtual Center**

**(O) Onsite at Myerberg**

**(H) Hybrid - both Virtual & Onsite**