

FITNESS SCHEDULE updated 1.7.22

Mondays

Tuesdays

Wednesdays

Thursdays

Fridays

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