



YOUNG AT HEART

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15-8:15 Tai Chi Eric (MB Studio)	7:25-8:25 Yoga Basics Mark (MB Studio)	7:15-8:15 Taijifit Eric (MB Studio)	7:25-8:25 Yoga Basics Mark (MB Studio)	7:15-8:15 Tai Chi Forms TD (MB Studio)	9:00-10:00 Liquid Fit Nancy (Pool)	9:00-10:00 Liquid Fit Cathy H (Pool)
9:00-10:00 Liquid Fit Cathy H (Pool)	8:35-9:35 Nia Tracy (MB Studio)	9:00-10:00 Aqua Kickbox Cathy W (Pool)	8:45-9:30 Gentle Hatha yoga Nova (MB Studio)	9:00-10:00 Liquid Fit Christina (Pool)	10:00-11:00 Nia Leslie	9:15-10:30 Restorative Yoga Kathy B/Kate (MB Studio)
	9:00-10:00 Aqua Bamba Christina B (Pool)	9:45-10:45 Hatha Yoga Nova (MB Studio)		9:15-10:15 Total Body Fusion Cathy C (GX Room)		
11:00-12:00 Cardio Fit Cathy C (MB Studio)	11:00-11:45 Wellness Meditation Lori S (MB Studio)	11:00-12:00 Essentrics Jenny (GX Room)	11:00-12:00 Pilates Ball YAH Adrie (MB Studio)	10:30-11:30 Restore & Repair Debbie (GX Room)		
	11:00-11:45 Wellness Meditation Lori S (MB Studio)	11:00-12:00 Stretch Therapy I-II Ruthie (MB studio)		11:00-12:00 Nia Lora S (MB Studio)		
12:15-1:15 Gentle Hatha Yoga Robin S (MB Studio)	12:15-1:15 Yin Yoga Nova (MB Studio)		12:15-1:15 Gentle Hatha yoga Robin S (MB Studio)		12:30-1:45 YAH Yoga Basics Gail (MB Studio)	
1:30-2:30 Essentrics Jenny (MB Studio)	1:15-2:15 Liquid Fit Sally K (Pool)		1:15-2:15 Liquid Fit Iman (Pool)			
4:00-5:00 Hatha Yoga I-II Brenna (MB Studio)	6:30-7:30 AquaBatta Cathy H (Pool)	4:00-5:30 Hatha Yoga Mark (MB Studio)	4:00-5:00 Hatha Yoga I-II Derik (MB Studio)	4:00-5:15 Deep Healing Yoga Derik (MB Studio)	4:00-5:15 Align & Refine Yoga Tracy F	5:00-6:00 Tai Chi Forms TD (GX Room)
		5:00-5:45 Hot Stretch Therapy Ruthie (HYS)	6:30-7:30 Aquabatta Cathy H (Pool)			
		7:15-8:15 Beginner Hot Vinyasa Rebecca (HYS)				

