



YOUNG AT HEART

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15-8:15 Tai Chi Eric (MB Studio)	7:25-8:25 Mark (MB Studio)	7:15-8:15 ijifit Eric (MB Studio)	7:25-8:25 asics Mark (MB Studio)	7:15-8:15 Chi Forms TD (MB Studio)	8:30-9:00 Aqua HIIT 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)	9:00-10:00 Liquid Fit Nancy (Pool)	9:15-10:30 orative 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)	9:30-10:00 Express Cycle Recovery Jon G (Flexibility Studio)	
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 TD (GX Room)	11:00-12:00 Pilates Ball Adrie (MB Studio)	10:30-11:30 Restore & Repair Debbie (GX Room)	10:00-11:00	
	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 Vini Yoga Nova (MB Studio)	11:00-11:35 Aqua Bootcamp Bobbi	12:15-1:15 Gentle Hatha yoga Robin S (MB Studio)	11:00-11:30 Aqua Bootcamp Bobbi	12:30-1:45 Yoga Basics Gail (MB Studio)	
1:15-2:15 Liquid Fit Iman (Pool)						
1:30-2:30 asics TD (GX Room)	1:15-2:15 Liquid Fit Sally K (Pool)	1:15-2:15 Tabata Iman (Pool)	1:15-2:15 Liquid Fit Iman (Pool)			
4:00-5:00 Yoga I-II Brenna (MB Studio)	4:00-5:00 Back to Basics Debbie S. (GX)	4:00-5:00 All Levels 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)
	4:00-5:00 Postures Keegan	5:00-5:45 Hot Stretch Therapy Ruthie (HYS)	4:00-5:00 Fundamental Core and Restore Debbie S (GX)			
	6:30-7:30 AquaBatta Cathy H (Pool)	7:15-8:15 Beginner Hot Vinyasa Rebecca (HYS)	6:30-7:30 Hot Yoga Cathy H (Pool)			
* This class will be available beginning June 15th*	* Indicates New Class*					