

JUNE 2023	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 AM	HIIT & YOGA 25 MIN - SHANNON		HIIT & YOGA 25 MIN - SHANNON				
7:00 AM	MORNING STRETCH 25 MIN - SHANNON	EMERGIZING YOGA 25 MIN - LINDSAY	MORNING STRETCH 25 MIN - SHANNON	EMERGIZING YOGA 25 MIN - LINDSAY			
7:30 AM	MEDITATION 25 MIN - LINDSAY		MEDITATION 25 MIN - LINDSAY				
8:00 AM	*SCULPT & STRETCH HEATHER	LOW IMPACT CARDIO 25 MIN - MEREDITH *PILATES FUSION DANIELLE	PILATES DEBBIE	LOW IMPACT CARDIO 25 MIN - MEREDITH	*SCULPT & STRETCH DANIELLE GENTLE YOGA ROSEMARY	*TABATA AMY	8:15AM START *CORE & MORE 25 MIN - CURT
8:30 AM	*CORE & MORE 25 MIN - CHRISTINE		*CORE & MORE 25 MIN - CHRISTINE		*QIGONG & TAI CHI CURT		
9:00 AM	*PILATES DEBBIE *FULL BODY HIIT ROBYN	*YOGA SCULPT NINA	MOBILITY ERIC	*FULL BODY HIIT CHRISTINE	*PILATES DEBBIE *QIGONG & TAI CHI CURT	*SCULPT & STRETCH NINA	*GENTLE YOGA CURT *TRX/BOSU DEBBIE
10:00 AM	*BALANCE DEBBIE *CORE & MORE 25 MIN - ROBYN	CHAIR FITNESS 25 MIN - DANIELLE *YIN YOGA GENII	*BALANCE DEBBIE *CORE & MORE 25 MIN - ROBYN	MOBILITY ERIC *YIN YOGA NINA	*GENTLE YOGA NINA	*BARREFLOW DENISE	
11:00 AM	*INSPIRE & REFLECT YOGA CHERYL *MOBILITY ERIC	*GENTLE YOGA GENII	*INSPIRE & REFLECT YOGA LINDSAY	*YOGA RESTORE DEANDRA *PAUSE & FLOW ERIC	*RESTORATIVE YOGA DEBBIE CHAIR FITNESS 25 MIN - DANIELLE	*VINYASA YOGA CURT *HATHA YOGA CHERYL	*GENTLE YOGA CHERYL
12:00 PM	*GENTLE YOGA KIM	*SCULPT & STRETCH CHRISTINE	*YOGA & MINDFULNESS KIM	*YOGA SCULPT DEANDRA			
4:00PM	*BALANCE & STRENGTH LISA		*PILATES DEBBIE				
4:30 PM				PELVIC CONDITIONING 25 MIN - AMY			
5:00 PM	*TRX/BOSU DEBBIE *GENTLE YOGA WENDY	*TABATA ROSEMARY *YOGA SCULPT DEANDRA	*GLUTES, ABS, ARMS LINDSAY	*BALANCE DEBBIE			
5:30 PM			*PILATES EXPRESS 25 MIN - NINA	RESTORATIVE YOGA SHANNON			
6:00 PM	*CORE & MORE 25 MIN - WENDY YIN YOGA 80 MIN - TINA	STRONG & CALM 25 MIN - SHANNON *GENTLE YOGA DEANDRA	*HATHA YOGA NINA *YIN/RESTORATIVE YOGA LINDSAY	STRONG & CALM 25 MIN - SHANNON YIN YOGA 80 MIN - TINA			
6:30 PM	UPPER BODY STRENGTH 25 MIN - CURT	SLOW STRETCH 25 MIN - SHANNON	LOWER BODY STRENGTH 25 MIN - CURT	SLOW STRETCH 25 MIN - SHANNON			
7:00 PM	MEDITATION 25 MIN - LINDSAY	*MEDITATION 25 MIN - LINDSAY					

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