

**MONDAY**

8:00 am – 8:00 pm  
3rd Floor Fitness Room

11:30 am – 12:30 pm  
SilverSneakers  
CARDIO/M.S.R.O.M.  
Chris Howard  
Gym

5:30pm – 6:30pm  
Gentle Yoga  
Breath, Movement,  
Meditation & Relaxation  
Shelley Sims  
(Yoga Studio)

1:00 pm – 2:00 pm  
Latin Dance  
Rhythmic Movement  
Christina Josephson  
Gym

4:00pm- 6:00pm  
Teen LEAD  
(Dance Studio)

8:00 am – 8:00 pm  
3rd Floor Fitness Room

10:00am -11:00pm  
Gentle Yoga  
Debra Gloster  
(Yoga studio)

10:15am – 11:15am  
Movement Matters-Seniors  
Gia Cacalano  
(dance studio)

**TUESDAY**

11:30am – 1:30pm  
N-Motion Line Dancing  
Tonette Stewart  
(dance studio)

11:00am – 12:00pm  
Water Aerobics  
Barbara Dimeling  
(pool)

5:30pm – 6:30pm  
Water Aerobic  
Barbara Dimeling  
(pool)

**WEDNESDAY**

8:00 am – 8:00 pm  
3rd Floor Fitness Room

11:00 am – 12:00 pm  
Aqua Fitness  
Ashley Barr  
(pool)

11:30 am – 12:30 pm  
SilverSneakers  
CARDIO/M.S.R.O.M.  
Chris Howard  
Gym

1:00pm – 2:00  
Latin Dance  
Rhythmic Movement  
Christina Josephson  
(Gym)

4:00pm- 6:00pm  
Teen LEAD

**THURSDAY**

8:00 am – 8:00 pm  
3rd Floor Fitness Room

9:00 -10:00  
Gentle Yoga  
Debra Gloster  
(Yoga studio)

10:15 am – 11:15 am  
Movement -Matters- Seniors  
Gia Cacalano  
(dance studio)

9:00am – 4:00 pm  
3rd Floor Fitness Room

9:00am – 10:00am  
Yoga with Brittany  
Brittany Mobley  
(Yoga Studio)

11:30 – 1:30  
N-Motion Line Dancing  
Tonette Stewart  
(dance studio)

11:00am – 12:00pm  
Water Aerobics  
Barbara Dimeling  
(pool)

**SATURDAY**

4:00pm- 6:00pm  
Teen LEAD  
(Dance Studio)

5:30pm – 6:30pm  
Water Aerobics  
Barbara Dimeling  
(pool)

5:30 – 6:30  
Body Toning  
Blaira Crumbley  
(Fitness Studio)

11:30am – 12:30pm  
Embodied Pilates  
Gia Cacalano  
(dance studio)

8:00 am – 8:00 pm  
3rd Floor Fitness Room

1:00 – 12:00  
Water Aerobics  
Donna Morasky  
(pool)

2:00 pm to 1:00 pm  
Rhythmic Movement Dance & Chair