NOVEMBER GROUP EXERCISE SCHEDULE

Monday

STRENGTH, STABILITY, STRETCH (SSS)
10:30 – 11:30 AM
Carrie G.

YOGA FLOW
11:45 – 12:45 PM
Kyoko

TAI CHI
3:00 – 4:30 PM
Helene

YOGA FLOW
5:15 – 6:15 PM
Emily

Tuesday

INYEGAR YOGA
7:15 – 8:45 AM
Mia

STRENGTH CLASS
9:15 – 10:15 AM
Dixie B.

SMOOTH & GROOVE DANCE
10:30 – 11:30 AM
Rachel

BOOT CAMP JAM
1:00 – 2:00 PM
Tia

Wednesday

BREATHWORK
9:00–9:50AM
Charles

STRENGTH, STABILITY, STRETCH (SSS)
10:30 – 11:30 AM
Carrie G.

BOLLYWOOD
6:00 – 7:00 PM
Manasi

Thursday

YOGA FLOW
7:00 – 8:00 AM
Emily
(No class 11/26)

YOGA FUNDAMENTALS
8:45– 10:00 AM
Jerry
(No class 11/26)

DANCE FUSION
10:30 – 11:15 AM
Rachel
(No class 11/26)

BARRE
11:30AM – 12:30PM
Dixie B.
(No class 11/26)

CHAIR YOGA
1:00 –1:45 PM
Bea
(No class 11/26)

BOOT CAMP JAM
4:00 – 5:00 PM
Tia
(No class 11/26)

Friday

INYEGAR YOGA
9:30 – 10:45 AM
Marion

STRENGTH, STABILITY, STRETCH (SSS)
11:00 – 12:00 PM
Carrie G.

LATINO GROOVE
6:00 – 7:00 PM
Young Kim/Beth

Saturday

INYEGAR YOGA
7:30 – 9:00 AM
Jeff

ZUMBA™
9:15 – 10:15 AM
Carrie K.

LINE DANCING
10:30 – 11:00AM
Carrie K.

INYEGAR YOGA
3:00 – 4:00 PM
Oliver

Sunday

YOGA
9:00 – 10:00 AM
Daniel

DOWNLOAD OUR MOBILE APP!

App Store

Play Store

KEY

***ZOOM** classes are available from the comfort of your own home using a computer.