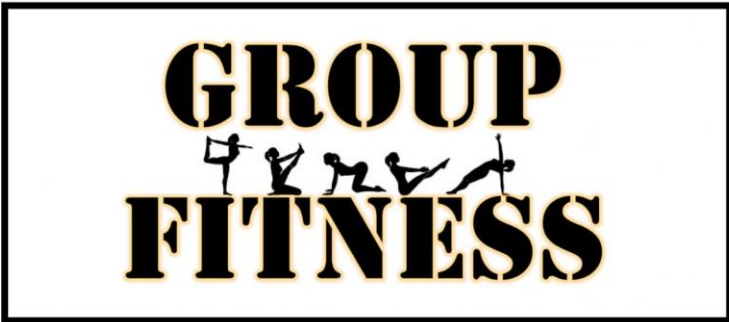


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:30a Sculpt & Core Erika H.		9:00a Ashtanga Flow Yoga Kalina		8:30a Ashtanga Flow Yoga Kalina	
		10a Stretch & Restore Erika H.				
11:30a Silversneaker ® Basic Maggie				11:30a Silversneaker ® Basic Maggie		
6:00p Zumba ® Erika C.						
	7:00p Zumba ® Erika C.					



Sculpt & Core -This sculpting class isolates specific areas of the body to keep you tight and toned from head to toe. Free weights, body weight and core exercises all combine to make this one effective workout!

SilverSneakers Basic – A 45 minute class incorporating hand-held weights, elastic tubing with handles, and a SilverSneakers ball alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

Stretch & Restore - Stretch & Restore is designed to help heal the effects of chronic stress due to our fast pace and busy lives. Class will focus on a series of gentle floor stretches followed by restorative poses. We will focus on alignment, and relaxation, through proper use of the breath.

Zumba -Take the "work" out of workout! This Dance Fitness program that combines Latin and international music by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning fitness party!

All Levels welcome!