2016 – Wellness Studio Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 – 8:55	**Jazzercise**	PEPPI	**Jazzercise**	PEPPI	**Body Blast**
9:00 – 9:55	Fitness Fusion ***FULL***	SilverSneakers® Yoga	Fitness Fusion ***FULL***	SilverSneakers® Yoga	Fitness Fusion ***FULL***
10:00 – 10:55	**Body 360**	PEPPI	**Body 360**	PEPPI	**Body 360**
11:00 – 11:55	SilverSneakers® Classic	Parkinson's Class	SilverSneakers® Classic	Parkinson's Class	SilverSneakers® Classic
12:00 – 12:55	Tai Chi	PEPPI	Tai Chi	PEPPI	Tai Chi
1:00 – 1:55	SilverSneakers® Cardio	Hatha Yoga	SilverSneakers® Cardio	Hatha Yoga	SilverSneakers® Cardio
2:00 – 2:55		Pilates	**Kettlebell Class**	Pilates	
3:00 – 3:55	Slow & Relaxing Yoga		Slow & Relaxing Yoga		Beginning Ballet
4:00 – 4:55	Intermediate Ballet	Beginning Ballet	Intermediate Ballet		Intermediate Ballet
5:00 – 5:25	**Components of Fitness** (5:00 – 6:30)				**Personal Training** Get one-on-one attention **Individual Training**: $80 for 4 sessions **Couple Training**: $120 for 4 sessions
5:30 - 6:25	**Grit Fit** Strength/Cardio	Body Fit ***FULL*** / Yoga-Core	**Grit Fit** Strength/Cardio	Body Fit ***FULL*** / Yoga-Core	

March 2016