

2019 – Wellness Studio Classes

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|--------------------------------------|---------------------------|--------------------------------------|---------------------------|--|
| 8:00 – 8:55 | AeroFIT | PEPPI | AeroFIT | PEPPI | AeroFIT |
| 9:00 – 9:55 | Fitness Fusion <u>FULL</u> | SilverSneakers®* Yoga | Fitness Fusion <u>FULL</u> | SilverSneakers®* Yoga | Fitness Fusion <u>FULL</u> |
| 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 | Core Intensive (2:30-2:55) | Pilates | Core Intensive (2:30-2:55) | 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 | | | | | |
| 5:30 - 6:25 | Full Body Boot Camp | Body Fit Yoga-Core | Full Body Boot Camp | Body Fit Yoga-Core | <div style="border: 2px solid black; padding: 5px;"> <p>Personal Training Get one-on-one attention</p> <p>Individual Training: \$120 for 4 sessions</p> <p>Couple Training: \$160 for 4 sessions</p> </div> |

Sept. 2019

*See separate "SilverSneakers - Class Descriptions" page for more details (purple sheet).