# 2015 – Wellness Studio Classes

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| 8:00 - 9:00 | Body Sculpt for Women | PEPPI | Body Sculpt for Women | PEPPI | Body Sculpt for Women |
| 9:00 - 10:00 | Fitness Fusion | SilverSneakers® Yoga | Fitness Fusion | SilverSneakers® Yoga | Fitness Fusion |
| 10:00 - 11:00 | Boomer Boot Camp | PEPPI | Boomer Boot Camp | PEPPI | Boomer Boot Camp |
| 11:00 - 12:00 | SilverSneakers® Classic | Parkinson's Class | SilverSneakers® Classic | Parkinson's Class | SilverSneakers® Classic |
| 12:00 - 1:00 | Tai Chi | PEPPI | Tai Chi | PEPPI | Tai Chi |
| 1:00 - 2:00 | SilverSneakers® Cardio | Hatha Yoga | SilverSneakers® Cardio | Hatha Yoga | SilverSneakers® Cardio |
| 2:00 - 3:00 | | Pilates | | Pilates | |
| 3:00 - 4:00 | Slow & Relaxing Yoga | | Slow & Relaxing Yoga | | Beginning Ballet |
| 4:00 - 5:00 | Intermediate Ballet | Beginning Ballet | Intermediate Ballet | | Intermediate Ballet |
| 5:30 - 6:30 | **F.I.T. Boot Camp** | Body Fit / **Yoga-Core** | **F.I.T. Boot Camp** | Body Fit / **Yoga-Core** | |