

MONDAY

Time:	Class:	Instructor:
8:45 AM	Zumba*	Nicole Falso
10:00 AM	Qi Gong	Shirley Jantz
5:15 PM	Yoga	Victoria Santos
6:30 PM	Pilates	Nicole Falso

TUESDAY

Time:	Class:	Instructor:
7:45 AM	Pilates	Leslie Larch
9:00 AM	Zumba	Nicole Falso
6:15 PM	Hatha Yoga	Amanda Murphy
7:00 PM	Zumba *	Nicole Falso

WEDNSDAY

Time:	Class:	Instructor:
8:45 AM	BEG Pilates*	Leslie Larch
10:00 AM	Hatha Yoga	Amanda Murphy
5:00 PM	Prenatal Yoga	Kristen Nelson
6:30 PM	Pilates	Nicole Falso
8:00 PM	Belly Dance	Kate Pitroff

THURSDAY

Time:	Class:	Instructor:
7:45 AM	Pilates	Leslie Larch
5:15 PM	Yoga	Victoria Santos

FRIDAY

Time:	Class:	Instructor:
9:00 AM	Beginning Yoga	Anne Mauk
10:00 AM	Power Yoga	Amanda Murphy
5:15 PM	Zumba *	Nicole Falso

SATURDAY

Time:	Class:	Instructor:
9:00 AM	Pilates	Nicole /LeslieLarch
10:15 AM	ZUMBA*	Nicole/Brittany Falso

SUNDAY

Time:	Class:	Instructor:
9:00 AM	Hatha Yoga	Amanda Murphy