

FITNESS CLASS DATES:				DATED 9/11/20		
Strength Training			No class	Offered	# of classes	Instructor
Monday and Wednesday	6:45 & 7:45pm	Sept. 14-Nov. 9	10/12	in person & Zoom	16	Suzanne
		Nov. 11-Jan. 13	11/25, 12/9, 12/23	in person & Zoom	16	Suzanne
Tuesday and Thursday	12:00-12:45pm	Sept. 15-Oct. 22		in person & Zoom	12	Ashley
		Oct. 27-Dec. 8	11/26	in person & Zoom	12	Ashley
Saturday	8:00-8:45am	Sept. 19-Nov. 7		at home with Zoom	8	Suzanne
		Nov. 14-Jan. 23	11/28, 12/26, 1/2	at home with Zoom	8	Suzanne
Zumba						
Saturday	9:30-10:30am	Sept. 19-Nov. 7		Elm Ridge Park Amphitheater	8	Amber
Yoga classes:						
OM at Home Yoga						
Monday	6:00-7:00pm	Sept. 14-Oct. 26	10/12	at home with Zoom	6	Maria
		Nov. 2-Dec. 7		at home with Zoom	6	Maria
Gentle Yoga						
Tuesday	6:30-7:30pm	Sept. 15-Nov. 3		in person & Zoom	8	Samantha
		Nov. 10-Dec. 29		in person & Zoom	8	Samantha
Slow Flow Yoga						
Thursday	6:00-7:00pm	Sept. 17-Dec. 10	11/26	in person & Zoom	12	Virginia
Personal Euphoria classes:						
Barre						
Monday	5:45-6:30pm	Sept. 14-Dec. 7	10/12	at home with Zoom	12	Allison
Limber Lunch Break						
Wednesday	12:00-12:30pm	Sept. 16-Dec. 9	11/11	at home with Zoom	12	Maggie
Tighten and Tone						
Wednesday	5:45-6:30pm	Sept. 16-Dec. 9	11/11	at home with Zoom	12	Rebecca