

FITNESS AND WELLNESS CLASSES:
UPDATED 11/11/20

Strength Training classes:						
Strength Training			No class	Offered	# of classes	Instructor
Monday and Wednesday	6:45-7:30pm	January 20 - March 31	2/15	in person & Zoom	20	Suzanne
	7:45-8:30pm	January 20 - March 31	2/15	in person & Zoom	20	Suzanne
Tuesday and Thursday	12:00-12:45pm	January 12 - February 16		at home with Zoom	11	Ashley
		February 18 - March 25		at home with Zoom	11	Ashley
Saturday	8:00-8:45am	January 30 - April 3		at home with Zoom	10	Suzanne
Zumba class:						
Zumba						
Saturday	9:30-10:30am	January 9 - March 27		in person & Zoom	12	Amber
Yoga classes:						
Gentle Yoga						
Tuesday	6:30-7:30pm	January 5 - March 30	2/16	in person & Zoom	12	Samantha
Slow Flow Yoga						
Thursday	6:00-7:00pm	January 7 - March 25		in person & Zoom	12	Virginia
Relax and Renew						
Thursday	7:15-8:15pm	January 7 - March 25		in person & Zoom	12	Virginia
T'ai Chi class:						
The Art of T'ai Chi						
Tuesday	5:15-6:15pm	January 5 - March 30	2/16	in person	12	Ken
Personal Euphoria classes:						
Full Body Refresh						
Monday	8:00-8:45am	January 11 - March 22	1/18 and 2/15	at home with Zoom	9	Maggie
Barre						
Monday	5:45-6:30pm	January 11 - March 22	1/18 and 2/15	at home with Zoom	9	Allison
Tighten and Tone						
Wednesday	5:45-6:30pm	January 13 - March 24		at home with Zoom	11	Allison
Core Strength Training						
Thursday	6:00-6:45pm	January 14 - March 25		at home with Zoom	11	Rob