

FITNESS CLASS DATES:		DATED 8/9/19				
FALL REGISTRATION STARTS TUESDAY, SEPTEMBER 3						
			No class	Weather cancellations	# of classes	Instructor
Strength Training						
Monday and Wednesday	6:45 & 7:45pm	Aug. 12-Sept. 16	8/26, 28, 9/2		8	
Tuesday and Thursday	12:00-12:45pm	June 25-August 22 Sept. 3-19	7/2 and 7/4		16 6	Ashley
Pilates						
Thursday	6:00-6:45pm	July 11-August 22			7	Rebecca
FALL 2019						
Strength Training						
Monday and Wednesday	6:45-7:30 & 7:45-8:30pm	Sept. 23-Nov. 18	10/14		16	Suzanne
Tuesday and Thursday	12-12:45pm	Sept. 24-Nov. 14			16	Ashley
Saturday-Boot Camp	8:00-8:45am	Sept. 28-Nov. 16			8	Suzanne
Gentle Stretch and Tone						
Friday	11:30-12:15pm	Sept. 27-Nov. 15			8	Ashley
Cardio and Strength						
Tuesday	6:30-7:15pm	Sept. 24-Nov. 12			8	Barb
Tighten and Tone						
Thursday	6:00-6:45pm	Sept. 26-Nov. 21	10/31		8	Rebecca
Total Barre						
Thursday	6:45-7:30pm	Sept. 26-Nov. 21	10/31		8	Rebecca
Yin Yoga with Sound Healing						
Wednesday	5:30-6:30pm	Sept. 25-Oct. 30			6	Maria and Doug
Yoga						
Thursday	6:00-7:00pm	Sept. 19-Dec. 19	10/31, 11/28		12	Virginia
Fundamentals of Yoga						
Thursday	7:15-8:15pm	Sept. 19-Dec. 19	10/31, 11/28		12	Virginia
Candlelit Guided Imagery and Sound Meditation						
Wednesday	5:30-6:30pm	Nov. 6			1	Maria and Doug
Gentle Yoga						
Monday	5:30-6:30pm	Nov. 11-Dec. 16			6	Maria