



EXERCISE STUDIO ~ Spring Session ~ Mar. 4 – Mar. 31, 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15-6:00 AM							
6:30-7:30 AM	7:30-8:15 YOGA for Back Health	Yoga		Yoga		7 AM Open	
8:00-9:00 AM						Yoga	
9:00-10:00 AM		Dance your Personality! Ages 3-5 \$ 9:30-10	Yoga		Yoga	Yoga	9 AM Open
10:00-11:00 AM						10:30-11:30 Total Body Barre	930-1030 Stretch Class
11:00-12:00 PM			Gentle Yoga				
12:00-1:00 PM	Yoga				Yoga		
1:00-3:30 PM		Dance Skills and Routines ages 3-5 \$ 3-3:30pm					
3:30-4:30 PM		Intro to Dance \$ 3:30-4:15pm Intro to Dance \$ 4:15-4:45					
4:30-5:30 PM		Intro to Dance \$ 4:45-5:30			Total Body Barre	Close at 6	Close at 6
5:30-6:30 PM	Total Body Barre	Dance for Fun \$ age 18+	Pilates				
6:30-7:30 PM	Yoga						
		7-8:15 Yoga		7-8:15 Yoga			
7:30-10:00 PM							

Open for member use when space is available – no Stereo use unless with a class please.