



EXERCISE STUDIO ~ Spring Session ~ May. 1 – May. 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 | | | | | | | 930-1030 Stretch Class |
| | | | | | | 10:30-11:30 Total Body Barre | |
| 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 | | |
| 5:30-6:30 PM | Total Body Barre | | Pilates | | | Close at 6 | Close at 6 |
| 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.

Revised 4.30.19 jp