

Monday 4/28 – Sunday 6/1

CLASS NAME

NEW LOCATION

| MONDAYS | |
|---------------------------------------------------------|-------------------------------------------|
| 8-9a Core Yoga with Ronni – GroupX | November Auditorium (Stage) |
| 915-1015 Gentle Yoga with Carol Ann – Group X | November Auditorium (Stage) |
| 930a-10a Core with Linda – Dance | Sisisky Room |
| 1030a – 1130a Fit and Fab with Lois | Sisisky Room |
| 1230p-130p SS Yoga with Dee – Group X | Sisisky Room |
| 1:30p-2:30p SS Yoga with Dee – Group X | Sisisky Room |
| 5:30p-6:30p Barre with Rosemary – Dance | November Auditorium (back) |
| 5:35p-6:05p Core with Linda – Group X | November Auditorium (front) |
| 7:30p – 9:45p Israeli Dance with Ellen | Art Gallery |
| MEMORIAL DAY HOURS 7AM-3PM | |
| TUESDAYS | |
| 730a-815a Strength & Tone for Women with Katie – GroupX | Banks Gym |
| 815a-915a Energy Flow Yoga – Dance | Front of Nov (*5/27 Sisisky back) |
| 9a-945a Pilates with Kerry – GroupX | Back of Nov (*5/27 Sisisky front) |
| 10a-1045a Barre Sculpt with Kerry – Dance | Front of Nov (*5/27 Sisisky back) |
| 10a-11a Flow Yoga with Annie – GroupX | Back of Nov (*5/27 Sisisky front) |
| 1215p-1:15p Advanced Mindful Yoga with Nora – GroupX | November Auditorium (front) |
| 130p-230p SS Classic with Dee – GroupX | November Auditorium (back) |
| 530p-615p Pilates with Carol Ann – Group X | November Auditorium (front) |
| 6p-7p Zumba with Monica – Dance | Art Gallery |
| 630p-730p Gentle Yoga with Dione – GroupX | Senior Center |
| | |
| WEDNESDAYS | |
| 8a-9a Core Yoga with Ronni – GroupX | November Auditorium (back) |
| 9:10a-10a Barre with Rosemary – Dance | November Auditorium (back) |
| 915a-1015a Body Combat with Paula – GroupX | November Auditorium (front) |
| 1015a-11a Pilates with Karen – Dance | November Auditorium (back) |
| 10:30a-1130a Fit and Fab with Lois – GroupX | November Auditorium (front) |
| 12:15p-1:15p Gentle Yoga with Siv – Group X | November Auditorium (back) |
| 130p-230p SS Yoga with Siv – GroupX | November Auditorium (back) |
| 530p-620p Barre with Rosemary – Dance | November Auditorium (back) |
| 6p-7p Warrior Rhythm with Laurel | 4/30 Sisisky (front) Teen Lounge rest * |
| FRIDAYS *NO CLASSES ALL DAY on Friday, May 30 | |
| 815a-9a Pilates with Dee – GroupX | Senior Center |
| 9a-945a Barre with Rosemary – Dance | Senior Center |
| 915a-1015a Gentle Yoga with Dee – GroupX | November Auditorium (back) |
| 1130a – 12p Zumba Gold Chair with Jill – GroupX | Sisisky (back) |
| 1230p-130p SS with Dee – GroupX | Sisisky (back) |
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| Saturdays | |
|------------------------------------------------|----------------------------|
| 815a-9a Pilates with Carol Ann – GroupX | November Auditorium (back) |
| 915-1015 Gentle Yoga with Carol Ann – GroupX | November Auditorium (back) |
| 10:30a-1130a Zumba with Monica - GroupX | Art Gallery |
| 1215p-115p Flow Yoga with Dione - GroupX | November Auditorium (back) |
| | |
| Sundays | |
| 915a-1015a Warrior Rhythm with Laurel – GroupX | November Auditorium (back) |
| 1030a-1130a Zumba Gold with Jill – GroupX | Art Gallery |
| 1p-2p Gentle Yoga with Staff – GroupX | November Auditorium (back) |
| 215p-315p Flow Yoga with Staff – GroupX | November Auditorium (back) |

| Thursdays | | | | | |
|------------------------------------------------|----------------------|----------------|-------------------|-------------------|-----------------|
| | May 1 | May 8 | May 15 | May 22 | May 29 |
| 730a-815a Strength & Tone for Women with Katie | Banks Gym | Banks Gym | Banks Gym | Banks Gym | Banks Gym |
| 8a-845a Pilates Plus with Kerry | November Aud. (back) | Sisisky (back) | *NO CLASS* | Sisisky (back) | November (back) |
| 9a-945a Pilates with Sally | November Aud. (back) | Sisisky (back) | *NO CLASS* | Sisisky (back) | November (back) |
| 10a-11a Flow Yoga with Annie | November Aud. (back) | Sisisky (back) | *NO CLASS* | Sisisky (back) | November (back) |
| 1215p-115p Gentle Yoga with Jill | Senior Center | Sisisky (back) | Sisisky (back) | Sisisky (back) | November (back) |
| 130p-230p SS Classic with Dee | Sisisky | Sisisky (back) | Sisisky (back) | Sisisky (back) | November (back) |
| 5p-545p Mindful Yoga with Ronni | *NO CLASS* | Sisisky (back) | Sisisky (back) | *NO CLASS* | November (back) |
| 730p-945 p Israeli Dance (*750 p Banks) | Banks | Banks | Art Gallery | Banks | Art Gallery |