

Monday 6/2 – Friday 6/13

CLASS NAME

NEW LOCATION

MONDAYS	
8-9a Core Yoga with Ronni – GroupX	Sisisky Room
915-1015 Gentle Yoga with Carol Ann – Group X	Sisisky (back)
930a-10a Core with Linda – Dance	Sisisky Room
1030a – 1130a Fit and Fab with Lois	Sisisky (back)
1230p-130p SS Yoga with Dee – Group X	Sisisky (back)
1:30p-2:30p SS Yoga with Dee – Group X	Sisisky (back)
5:30p-6:30p Barre with Rosemary – Dance	Sisisky (back)
5:35p-6:05p Core with Linda – Group X	Sisisky Room
7:30p – 9:45p Israeli Dance with Ellen	Banks Gym
TUESDAYS	
730a-815a Strength & Tone for Women with Katie – GroupX	Banks Gym
815a-915a Energy Flow Yoga – Dance	Sisisky Room
9a-945a Pilates with Kerry – GroupX	Sisisky (back)
10a-1045a Barre Sculpt with Kerry – Dance	Sisisky (back)
10a-11a Flow Yoga with Annie – GroupX	Sisisky Room
1215p-1:15p Advanced Mindful Yoga with Nora – GroupX	Sisisky (back)
130p-230p SS Classic with Dee – GroupX	Sisisky (back)
530p-615p Pilates with Carol Ann – Group X	Sisisky (back)
6p-7p Zumba with Monica – Dance	Art Gallery
630p-730p Gentle Yoga with Dione – GroupX	Sisisky (back)
WEDNESDAYS	
8a-9a Core Yoga with Ronni – GroupX	Sisisky (back)
9:10a-10a Barre with Rosemary – Dance	Sisisky (back)
915a-1015a Body Combat with Paula – GroupX	Sisisky Room
1015a-11a Pilates with Karen – Dance	Sisisky (back)
10:30a-1130a Fit and Fab with Lois – GroupX	Sisisky Room
12:15p-1:15p Gentle Yoga with Siv – Group X	Sisisky (back)
130p-230p SS Yoga with Siv – GroupX	Sisisky (back)
530p-620p Barre with Rosemary – Dance	Sisisky (back)
6p-7p Warrior Rhythm with Laurel	Sisisky Room
THURSDAYS	
730a-815a Strength & Tone for Women with Katie	Banks Gym
8a-845a Pilates Plus with Kerry	Sisisky (back)
9a-945a Pilates with Sally	Sisisky (back)
10a-11a Flow Yoga with Annie	Sisisky (back)
1215p-115p Gentle Yoga with Jill	Sisisky (back)
130p-230p SS Classic with Dee	Sisisky (back)
5p-545p Mindful Yoga with Ronni	Sisisky (back)
750p-945p Israeli Dance	Banks Gym

FRIDAYS	
815a-9a Pilates with Dee – GroupX	Sisisky (back)
9a-945a Barre with Rosemary – Dance	Sisisky Room
915a-1015a Gentle Yoga with Dee – GroupX	Sisisky (back)
1130a – 12p Zumba Gold Chair with Jill – GroupX	Sisisky (back)
1230p-130p SS with Dee – GroupX	Sisisky (back)
Saturdays	
815a-9a Pilates with Carol Ann – GroupX	Sisisky (back)
915-1015 Gentle Yoga with Carol Ann – GroupX	Sisisky (back)
10:30a-1130a Zumba with Monica - GroupX	November Auditorium (front)
1215p-115p Flow Yoga with Dione - GroupX	Sisisky (back)
Sundays	
915a-1015a Warrior Rhythm with Laurel – GroupX	November (front)
1030a-1130a Zumba Gold with Jill – GroupX	November (front)
1p-2p Gentle Yoga with Staff – GroupX	Sisisky (back)
215p-315p Flow Yoga with Staff – GroupX	Sisisky (back)