

MONDAYS	
8-9a Core Yoga with Ronni – GroupX	Back of Sisisky
915-1015 Gentle Yoga with Carol Ann – Group X	Back of Sisisky
930a-10a Core with Linda – Dance	Senior Room
1030a – 1130a Fit and Fab with Lois	Back of Sisisky
1230p-130p SS Yoga with Dee – Group X	Back of Sisisky
1:30p-2:30p SS Yoga with Dee – Group X	Back of Sisisky
5:30p-6:30p Barre with Rosemary – Dance	Back of Sisisky
5:35p-6:05p Core with Linda – Group X	Sisisky Family Community Room
7:30p – 9:45p Israeli Dance with Ellen	Banks
TUESDAYS	
730a-815a Strength & Tone for Women with Katie – GroupX	Banks
815a-915a Energy Flow Yoga – Dance	6/17 Sisisky Family Community Room 6/24 Back of Sisisky
9a-945a Pilates with Kerry – GroupX	6/17 Back of Sisisky 6/24 No class (or senior)
10a-1045a Barre Sculpt with Kerry – Dance	6/17 Back of Sisisky 6/24 Back of Sisisky
10a-11a Flow Yoga with Annie – GroupX	6/17 Sisisky Family Community Room 6/24 No Class
1215p-1:15p Advanced Mindful Yoga with Nora – GroupX	6/17 Back of Sisisky 6/24 No Class
130p-230p SS Classic with Dee – GroupX	Back of Sisisky
530p-615p Pilates with Carol Ann – Group X	Back of Sisisky
6p-7p Zumba with Monica – Dance	Banks
630p-730p Gentle Yoga with Dione – GroupX	Back of Sisisky
WEDNESDAYS	
8a-9a Core Yoga with Ronni – GroupX	Back of Sisisky
9:10a-10a Barre with Rosemary – Dance	Back of Sisisky
915a-1015a Body Combat with Paula – GroupX	Sisisky Family Community Room
1015a-11a Pilates with Karen – Dance	Back of Sisisky
10:30a-1130a Fit and Fab with Lois – GroupX	Sisisky Family Community Room
12:15p-1:15p Gentle Yoga with Siv – Group X	Back of Sisisky
130p-230p SS Yoga with Siv – GroupX	Back of Sisisky
530p-620p Barre with Rosemary – Dance	6/18 Back of Sisisky 6/25 No Class
6p-7p Warrior Rhythm with Laurel	6/18 Sisisky Family Community Room 6/25 Teen Lounge
THURSDAYS	
730a-815a Strength & Tone for Women with Katie	Banks
8a-845a Pilates Plus with Kerry	Back of Sisisky
9a-945a Pilates with Sally	Back of Sisisky
10a-11a Flow Yoga with Annie	Back of Sisisky
1215p-115p Gentle Yoga with Jill	Back of Sisisky
130p-230p SS Classic with Dee	Back of Sisisky
5p-545p Mindful Yoga with Ronni	Back of Sisisky
750p-945p Israeli Dance	Banks
FRIDAYS	
815a-9a Pilates with Dee – GroupX	Back of Sisisky
9a-945a Barre with Rosemary – Dance	Sisisky Family Community Room
915a-1015a Gentle Yoga with Dee – GroupX	Back of Sisisky
1130a – 12p Zumba Gold with Jill – GroupX	Back of Sisisky
1230p-130p SS with Dee – GroupX	Back of Sisisky
Saturdays	
815a-9a Pilates with Carol Ann – GroupX	Front of November
915-1015 Gentle Yoga with Carol Ann – GroupX	Front of November
10:30a-1130a Zumba with Monica - GroupX	Front of November
1215p-115p Flow Yoga with Dione - GroupX	Front of November
Sundays	
915a-1015a Warrior Rhythm with Laurel – GroupX	Senior
1030a-1130a Zumba Gold with Jill – GroupX	NO ROOM either week
1p-2p Gentle Yoga with Staff – GroupX	Senior & Teen combo
215p-315p Flow Yoga with Staff – GroupX	Senior & Teen combo