

	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
8am					Tone & Spin 1st Floor Studio Beth Cianchetti 8:15am - 9:15am		
10am		Young @ Heart 1st Floor Studio Chris Kuzia 10:15am - 11:15am		Young @ Heart 1st Floor Studio Chris Kuzia 10:15am - 11:15am			
11am							Young @ Heart 1st Floor Studio Chris Kuzia 11:15am - 12:15pm
12pm	Total Body Circuit 1st Floor Studio Devante Jenkins 12pm - 12:45pm	Qigong 1st Floor Studio Donna Gordon 12pm - 1pm	Couch to 5K Fitness Center Beth Cianchetti 12pm - 12:45pm	Qigong 1st Floor Studio Donna Gordon 12pm - 1pm			Freestyle Spin Cycling Studio Heather Labbe 12pm - 12:45pm
4pm	Qigong Yoga Fusion 1st Floor Studio Donna Gordon 4:30pm - 5:30pm	Barre 1st Floor Studio Robin Sharp 4:45pm - 5:25pm					
	Les Mills RPM (Cycling) Cycling Studio Valerie Cammarota 4:30pm - 5:15pm						
5pm	Weight Lifting 1st Floor Studio Beth Cianchetti 5:35pm - 6:30pm	Fit Over Fifty 1st Floor Studio Denise Woods 5:30pm - 6:30pm	Les Mills RPM (Cycling) Cycling Studio Beth Cianchetti 5:30pm - 6:15pm				Fit Over Fifty 1st Floor Studio Denise Woods 5:30pm - 6:30pm
		Butts & Guts Community Room Heather Labbe 5:45pm - 6:30pm	Pound 1st Floor Studio Kerry McDowell 5:35pm - 6:15pm				Butts & Guts Community Room Valerie Cammarota 5:45pm - 6:30pm
6pm	Mat Pilates 1st Floor Studio Beth Cianchetti 6:35pm - 7:15pm						Gentle Yoga 1st Floor Studio Lynda Jaeger 6:35pm - 7:30pm

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.