

DON'T FORGET!
Hours of Operation
for Wellness & Aquatics:

Wellness:
7:00 AM - 1:00 PM
Aquatics:
7:00 AM - 12:30 PM

Modified Group Fitness Schedule For: Memorial Day

Blue Studio

<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
9:30 - 10:15 AM	Cycle 45	Sarah Mitchell

Studio 1

<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
8:30 - 9:30 AM	BODYSTEP	Tammy Partsch
9:45 - 10:45 AM	BODYPUMP	Chrystine Mitchell

Mind Body Studio

<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
9:00 - 10:00 AM	Yoga	Michelle Harris

Basketball Court

<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
9:00 - 9:50 AM	SilverSneakers Circuit	Edwena Miller
10:00 - 10:50 AM	Chair Yoga	Karen Mikitka

REP ROOM (Fee-based class – just \$5 for members. Sign up on portal or app.)

<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
5:15, 6:15 and 9:15 AM		Lauren Ressler

Pool (Fee-based class – just \$5 for members. Sign up on portal or app.)

<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
9:00 - 9:50 AM	Aqua Zumba	Alison Snyder

For more information:

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ZONE
Sports and Wellness Complex