

Modified Group Fitness Schedule - Labor Day

Monday, September 2, 2024

- Special Hours of Operation: 7:00 am – 1:00 pm
- Regularly scheduled classes will not be held

STUDIO 1

<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
8:30 - 9:15 am	BODYSTEP 45	Tammy Partsch
9:30 - 10:15 am	BODYPUMP 45	Chrystine Mitchell
10:30 - 11:00 am	LES MILLS Core	Jen Fanaro

MIND BODY STUDIO

<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
9:00 - 10:00 am	BODYBALANCE	Kristin Cammarano

REP ROOM

<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
9:15 am	SWITCH 50	Lauren Ressler

POOL

<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
9:00 - 9:45 am	Aqua Work & Stretch	Melissa Voler

Basketball Court (Active Aging class)

<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
9:00 – 10:00 am	SilverSneakers Circuit	Sadia Galan