


**Effective April 8, 2019**

<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
	<b>Transform</b> Lisa 7-7:30AM	<b>Power Circuit</b> Lisa 7-7:30AM	<b>Indoor Cycling</b> Lisa 8-9AM	<b>Power Circuit</b> Lisa 7-7:30AM	<b>Transform</b> Lisa 7-7:30AM	
	<b>* Aquacise</b> Debbie 8:15-9:15AM	<b>Indoor Cycling</b> Lisa 7:45-8:30AM	<b>* Aquacise</b> Debbie 8:15-9:15AM		<b>* Aquacise</b> Debbie 8:15-9:15AM	
	<b>Body Sculpt</b> Debbie 9:30-10:30AM	<b>Yoga-Tamari</b> Hatha/Kripalu 9-10AM	<b>Body Sculpt</b> Debbie 9:30-10:30AM	<b>Indoor Cycling</b> Lisa 9-10AM		
	<b>Balls, Bands &amp; Bells</b> -Lisa 10:30-11:30AM	<b>* Aquacise</b> Debbie 9-10AM		<b>* Aquacise</b> Debbie 9-10AM	<b>Balls, Bands &amp; Bells</b> -Lisa 10-11AM	<b>Zumba</b> PJ 10-11AM
	<b>Yoga</b> -Chris Vinyasa Flow 11:30AM-12:30PM	<b>Silver Sneakers</b> Debbie 10:15-11AM	<b>Silver Sneakers</b> Debbie 10:45-11:30AM	<b>Silver Sneakers</b> Debbie 10:15-11AM		
<b>Yoga-Tamari</b> Hatha/Kripalu 2:30-3:30PM	<b>* Youth Sports</b> Chris 2-3PM			<b>* Youth Sports</b> Chris 3-4PM		
	<b>* Art, Gym, &amp; Swim</b> -Emily 4-6PM	<b>* Aquacise</b> Michelle 4-5PM	<b>* Art, Gym, &amp; Swim</b> -Emily 4-6PM	<b>* Aquacise</b> Michelle 4-5PM	<b>Yoga</b> -Chris Vinyasa Flow 5:30-6:30PM	
			<b>Yoga</b> -Tamari Hatha/Kripalu 5:30-6:30PM	<b>* Mommy &amp; Tot Bootcamp</b> -Emily 5:30-6PM		
	<b>Zumba</b> PJ 5:30-6:30PM	<b>Body Sculpt</b> Amanda 5:30-6:30PM	<b>Indoor Cycling</b> Amanda 5:30-6:30PM	<b>Zumba</b> PJ 5:30-6:30PM	<b>ATTENTION MEMBERS:</b> Classes cancelled will be sent out in an email. If you wish to receive the Canaan branch emails please call the front desk for more details. <b>(860) 824-2790</b>	
	<b>Yoga</b> -Chris Vinyasa Flow 6:30-7:30PM	<b>Power Circuit</b> Lisa 6:30-7PM		<b>Indoor Cycling</b> Amanda 6-7PM		
	<b>Indoor Cycling</b> Amanda 6:30-7:30PM	<b>Indoor Cycling</b> Amanda 6:30-7:30PM	<b>Body Sculpt</b> Amanda 6:30-7:30PM	<b>Power Circuit</b> Chris 6:30-7PM		

**Classes marked with an \* are paid programs**