

Group Class Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Transform Lisa 7-7:30AM	Power Circuit Lisa 7-7:30AM	POUND Debbie 7:15-8AM	Power Circuit Lisa 7-7:30AM	Transform Lisa 7-7:30AM	
	* Aquacise Debbie 8:15-9:15AM	Indoor Cycling Lisa 7:45-8:30AM	Indoor Cycling Lisa 8-9AM	Indoor Cycling Lisa 9-10AM		
	Body Sculpt Debbie 9:30-10:30AM	* Aquacise 9-10AM	* Aquacise Debbie 8:15-9:15AM	* Aquacise 9-10AM	* Aquacise Debbie 8:15-9:15AM	
	Balls, Bands & Bells -Lisa 10:30-11:15AM	POUND Debbie 9-9:45AM	Body Sculpt Debbie 9:30-10:30AM		POUND Debbie 9:30-10:15AM	Zumba PJ 10-11AM
	Yoga -Chris Vinyasa Flow 11:30AM-12:30PM	Silver Sneakers Debbie 10:15-11AM	Silver Sneakers Debbie 10:45-11:30AM	Silver Sneakers Debbie 10:15-11AM	Balls, Bands & Bells -Lisa 10:15-11AM	Yoga -Tamari Hatha/Kripalu 11AM-12PM
	* Youth Sports Chris 2-3PM		* Youth Sports Chris 2-3PM			
	* Art, Gym, & Swim -Emily 4-6PM	* Aquacise Michelle 4-5PM	* Art, Gym, & Swim -Emily 4-6PM	* Aquacise Michelle 4-5PM	Yoga -Chris Vinyasa Flow 5:30-6:30PM	
				* Mommy & Tot Bootcamp -Emily 5:30-6PM	<div style="border: 2px solid black; padding: 5px;"> <p>ATTENTION MEMBERS: Classes cancelled will be sent out in an email. If you wish to receive our Canaan branch emails please see someone at the front desk for details.</p> </div>	
	Zumba PJ 5:30-6:30PM		Yoga -Tamari Hatha/Kripalu 5:30-6:30PM	Zumba PJ 5:30-6:30PM		
	Yoga -Chris Vinyasa Flow 6:30-7:30PM	Power Circuit Lisa 6:30-7PM		Power Circuit Chris 6:30-7PM		

Classes marked with an * are paid programs

Revised May 30, 2019