

Fall 2018 Daytime Fitness Classes

Monday		Tuesday	Wednesday			Thursday	Friday	
<i>Acad MP Room</i>	<i>RCC</i>	<i>Acad MP Room</i>	<i>Acad MP Room</i>	<i>RCC Act Rm</i>	<i>RCC</i>	<i>Acad MP Room</i>	<i>Acad MP Room</i>	<i>RCC</i>
							Barre 8:10-8:55 <i>Ashley</i>	
Strength Training 9:00-9:45 <i>Ashley</i>	Senior Fitness 8:45-9:45 9:55-10:55 11:05-12:05	Morn Mat Pilates 8:30-9:30 & 9:30-10:30 <i>Maggie</i>	Calorie Burn Cardio 9:00-9:45 <i>Ashley</i>		Senior Fitness 8:45-9:45 9:55-10:55 11:05-12:05	Morn Mat Pilates 8:30-9:30 & 9:30-10:30 <i>Maggie</i>	Strength Training 9:00-9:45 <i>Ashley</i>	Senior Fitness 8:45-9:45 9:55-10:55 11:05-12:05
Barre 9:45-10:30 <i>Ashley</i>			Core Balance 9:45-10:30 <i>Ashley</i>	Yoga/Stretch 9:30-10:30 <i>Sheila</i>			Core Balance 9:45-10:30 <i>Ashley</i>	
		Adv Pilates 10:45-11:30 <i>Maggie</i>						
			Lunchtime Strength 12:00-12:45 <i>Ashley</i>					
LI Gentle Pilates 1:30-2:15 <i>Jeannine</i>			LI Gentle Pilates 1:30-2:15 <i>Jeannine</i>					

Personal Euphoria Classes

Town Instructor

Eliza's Energy Source