

Fall 2018 Evening Fitness Classes

	Monday			Tuesday		Wednesday			Thursday		
	Eastbury	RCC	Acad MP	Acad MP	Acad Café	Acad Café	Eastbury	RCC	Acad MP	Acad MP	RCC
3:00											
3:30											
4:00											
4:30			ZUMBA Kids 4:45-5:45								
5:00				Stretch & Tone 5:15-6:00 <i>Jeannine</i>					Zumba Tone 5:00-6:00	Total Barre 5:15-6:00 <i>Janice</i>	Family Yoga 5:15-6:00 <i>Kathleen</i>
5:30											
6:00	Rugged Fitness 6:00-7:00	Hatha Eve Yoga 6:00-7:30 <i>Kalpana</i>	ZUMBA 6:00-7:00	Pilates Plus Strength 6:00-6:45 <i>Jeannine</i>	Zumba Toning 6:00-7:00	Yoga 6:00-7:15 <i>Heather</i>	Rugged Fitness 6:00-7:00	Hatha Eve Yoga 6:00-7:30 <i>Kalpana</i>	ZUMBA 6:00-7:00	Total Barre 6:00-6:45 <i>Janice</i>	Yoga 6:00-7:15 <i>Kathleen</i>
6:30											
7:00				Adult Ballet 6:45-7:30 <i>Jeannine</i>						Pilates Plus 6:50-7:35 <i>Janice</i>	
7:30											
8:00											

- Personal Euphoria
- Eliza's Energy Source
- Kalpana Patel