

Fitness Classes

Class	Instructor	Location	Days/Time	Dates	Fee	Code
Senior Fitness (Eliza's Energy Source)	Eliza & Juny	Virtual (Links to Recorded Videos)	Mon, Wed, Fri	Sept. 9-Dec. 7	\$69	207027-ON
Low Impact Gentle Pilates (Personal Euphoria)	Rob	Virtual (Live via ZOOM)	Monday 1:30-2:15 p.m.	Sept. 14-Dec. 7	\$79	207030-GP
Yoga (Personal Euphoria)	Sonia	Riverfront Community Center	Tuesday 6:30-7:15 p.m.	Sept. 15-Dec. 8	\$85	207211-TP
Morning Mat Pilates (Personal Euphoria)	Maggie	Academy Multi Purpose Room	Tuesday 8:30-9:30 a.m.	Sept. 15-Dec. 8	\$88	207201-AB
		Virtual (Live via ZOOM)	Tuesday 9:30-10:30 a.m.			207201-AA
	Academy Multi Purpose Room	Thursday 8:30-9:30 a.m.	Sept. 17-Dec. 10	\$82	207201-BC	
		Virtual (Live via ZOOM)			Thursday 9:30-10:30 a.m.	207201-BB
Pilates Plus Strength (Personal Euphoria)	Jeannine	Academy Multi Purpose Room	Tuesday 6:00-6:45 p.m.	Sept. 15-Dec. 8	\$85	207202-F1
	Rob	Virtual (Live via ZOOM)	Thursday 6:00-6:45 p.m.	Sept. 15-Dec. 8	\$85	207202-ON
Calorie Burn Cardio (Personal Euphoria)	Ashley	Virtual (Live via ZOOM)	Wednesday 9:00-9:45 a.m./	Sept. 16-Dec. 9	\$79	207216-WA
Strength Training (Personal Euphoria)	Ashley	Virtual (Live via ZOOM)	Monday 9:00-9:45 a.m.	Sept. 14-Dec. 7	\$79	207206-M1
		Academy Multi Purpose Room	Friday 9:00-9:45 a.m.	Sept. 18-Dec. 4	\$73	207206-F1
	Rob	Virtual (Live via ZOOM)	Thursday 6:00-6:45 p.m.	Sept. 17-Dec. 10	\$79	207206-TP
Total Barre (Personal Euphoria)	Ashley	Academy Multi Purpose Room	Monday 9:45-10:30 a.m.	Sept. 14-Dec. 7	\$79	207203-M1
Core Balance (Personal Euphoria)	Ashley	Virtual (Live via ZOOM)	Friday 9:45-10:30 a.m.	Sept. 18-Dec. 4	\$73	207207-F1
Zumba (Eliza's Energy Source)	Eliza's Energy Source	Academy Multi Purpose Room	Monday 6:00-7:00 p.m.	Sept. 14-Dec. 7	\$75	207209-MP
		Virtual (Live)	Wednesday 6:00-7:00 p.m.	Sept. 14-Dec. 7 (No Class 11/25)	\$69	207209-ON

No Classes on 10/12, 11/11, 11/26 and 11/27; Non-Resident Registration Begins 9/1/20

Virtual - Live via ZOOM

Participants will be sent a link to register for the class. Once you fill out the form you will be sent the ZOOM Meeting Code/Link and password for the class. Logon to ZOOM at the day and time of your class to participate in a live class.

Virtual - Links to Recorded Videos

Participants will be sent a weekly email with links for the next weeks classes. You may do workouts at a day/time that is best for you. Links for all classes will be available for the duration of the class.

In Person Classes

Maximum number of participants have been lowered and designated areas will be setup for each person with a minimum of 6 feet between each designated workout area. Participants should wear a mask entering and exiting the building but do not have to wear a mask once in their workout area. Should COVID cases in the state spike classes will be offered virtually.