

Health & Wellness Schedule

Don't forget to Pre-register for all Health & Wellness Programs!

Registration Open Now!

Monday

Programs	Time	Instructor
Kickboxing	9:30 - 10:30am	Kristin
TaiChi/Qi Gong	6:00 - 7:00pm	Audra

Tuesday

Programs	Time	Instructor
Morning Yoga	6:30 - 7:30am	Eileen
Interval Workout	8:45 - 9:30am	Nada
Barre Above®	6:00 - 7:00pm	Matt

Wednesday

Programs	Time	Instructor
Yoga	9:30 - 10:30am	Kathryn
Mat Pilates	10:45 - 11:45am	Nada
Dance Fusion	6:30 - 7:30pm	Matt

Thursday

Programs	Time	Instructor
Core & More	8:45 - 9:30am	Nada
Yoga Flow	5:00 - 6:00pm	Sharon
Zumba	6:00 - 7:00pm	Stephanie

We highly suggest making reservations 48 hours in advance.

Please register on Motionvibe

Friday

Programs	Time	Instructor
Yogalates	8:30 - 9:30am	Sharon
Deep Stretch	10:00 - 10:45am	Jenn
Happy Hour Yoga	5:30 - 6:30 pm	Trish

Saturday

Programs	Time	Instructor
Total Body Blast	9:30 - 10:15am	Jessi

Sunday

Programs	Time	Instructor
Gentle Yoga	9:30 - 10:30am	Trish

