

# 2020 – Wellness Studio Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 – 8:55	AeroFIT	PEPPI	AeroFIT	PEPPI	AeroFIT
9:00 – 9:55	Fitness Fusion <b><u>FULL</u></b>	SilverSneakers®* Yoga	Fitness Fusion <b><u>FULL</u></b>	SilverSneakers®* Yoga	Fitness Fusion <b><u>FULL</u></b>
10:00 – 10:55	Body 360+	PEPPI	Body 360+	PEPPI	Body 360+
11:00 – 11:55	SilverSneakers®* Classic	Parkinson's Class	SilverSneakers®* Classic	Parkinson's Class	SilverSneakers®* Classic
12:00 – 12:55	Tai Chi	PEPPI	Tai Chi	PEPPI	Tai Chi
1:00 – 1:55	SilverSneakers®* Cardio	Hatha Yoga	SilverSneakers®* Cardio	Hatha Yoga	SilverSneakers®* Cardio
2:00 – 2:55	Core Intensive (2:30-2:55)	Pilates	Core Intensive (2:30-2:55)	Pilates	
3:00 – 3:55	Slow & Relaxing Yoga		Slow & Relaxing Yoga		Beginning Ballet
4:00 – 4:55	Intermediate Ballet	Beginning Ballet	Intermediate Ballet		Intermediate Ballet
5:00 – 5:25					
5:30 - 6:25	Full Body Boot Camp	Body Fit  Yoga-Core	Full Body Boot Camp	Body Fit  Yoga-Core	<div style="border: 2px solid black; padding: 5px;"> <p><b>Personal Training</b> Get one-on-one attention</p> <p><b>Individual Training:</b> \$120 for 4 sessions</p> <p><b>Couple Training:</b> \$160 for 4 sessions</p> </div>

Dec. 2019

\*See separate "SilverSneakers - Class Descriptions" page for more details (purple sheet).