

STUDIO FITNESS

@ SIXTH AVENUE GOLF AND COUNTRY CLASS SCHEDULE

MONDAY

9:15am – Stretch and Strength – 40 min – Beth

12:15 pm – Lunch Fit - 30 min – Beth

COMING SOON 6-7pm **POWER YOGA** Sheila

7pm- Group Class – 50 min- Sheila

7-8pm **ZUMBA** – Kerry (upstairs)

TUESDAY

NEW 9am- **“FIT OVER 40”** - 40 min- Merna

10am- Circuit Class – 30 min - Beth

12:45 – Lunch Fit – 30 min - Beth

NEW 5:15pm – **Intro to Pilates** – 40 min – Nancy

6pm – Pilates – 50 min – Nancy

NEW 7:15-8pm **ZUMBA** – 50 min – Nancy (upstairs)

WEDNESDAY

9:15am – Stretch & Strength – 40 min – Beth

12:15 pm – Lunch Fit – 30 min – Beth

NEW **ZUMBA** – 7-8pm - Kerry

THURSDAY

NEW 9am – **“FIT OVER 40”** – 40 min - Merna

10am – Circuit Class – 30- min – Beth

12:45pm – Lunch Fit – 30 min – Beth

6pm- Yoga – 50 min – Sheila

7pm – Group Class – 50 min – Dawn/Theresa

NEW 7-8pm **ZUMBA** – Kerry (upstairs)

FRIDAY

9:15am – Stretch & Strength – 40 min – Beth

SATURDAY

9:30am – Resistance Class -40 min

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