

FITNESS CLASS

SCHEDULE

	TIME	CLASS NAME	INSTRUCTOR	LOCATION
MONDAY	7:00 PM - 8:00 PM	• Interval Training	• Karen	Aerobics Room
TUESDAY	10:30 AM - 11:30 AM	• Senior Fitness	• Lori	Online (Zoom link)
	7:15 PM - 8:30 PM	• Yoga	• Karen	Aerobics Room
THURSDAY	10:30 AM - 11:30 AM	• Senior Fitness	• Lori	Online (Zoom link)
	5:30 PM - 6:30 PM	• Cardio Core and more (Pilates)	• Lisanne	Aerobics Room
FRIDAY	10:30 AM - 11:30 AM	• Chair Yoga	• Lori	Aerobics Room
SATURDAY	10:00 AM - 11:00 AM	• Qi Yoga	• Lori	Aerobics Room
	11:15 AM - 12:00 PM	• Zumbata	• Lori	Aerobics Room
SUNDAY	10:00 AM - 11:00 PM	• Chair Yoga	• Karen	Aerobics Room

FOR MORE CLASS INFORMATION PLEASE CALL

| Clubhouse #: 718-767-2277 |

