

## PVBAC SEPTEMBER 2019 FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Barre Sculpt</b> Megan* 8:30-9:30am	<b>Body Sculpt</b> Gina 7:00-8:00am	<b>Barre Sculpt</b> Petra 8:30-9:30am	<b>Body Sculpt</b> Jana 7:00-8:00am	<b>Gold Zumba</b> Beverly 8:30-9:30am	<b>Body Sculpt USING RISERS</b> Gina 8:30-10:00am	<b>Advanced Yoga</b> Petra 9:00-10:30am
<b>Step Interval</b> Beverly 9:30-10:30am	<b>Core Pilates Fusion</b> Gina 8:00-9:00am	<b>Step Sculpt</b> Beverly 9:30-10:30am	<b>Core Pilates Fusion</b> Jana 8:00-9:00am	<b>Barre Sculpt</b> Sarah 9:30-10:30am	<b>H2O Aerobics</b> Trey 10:00-11:00am	<b>Gentle Yoga</b> Kimberly 10:30-11:30am
<b>Basic Yoga</b> Lisa 10:30am-12:00pm	<b>Upper Sculpt</b> Diane 9:00-10:00am	<b>Yoga</b> Hiromi 10:30am-12:00pm	<b>Upper Sculpt</b> Diane 9:00-10:00am	<b>Restorative Yoga</b> Sarah 10:30-11:30am	<b>Yoga</b> Jessica 10:00-11:30am	
<b>Resistance Band/Strength</b> Sarah 4:30 - 5:30pm	<b>H2O Aerobics</b> Trey 9:00-10:00am	<b>Salsa, Cha Cha, Tango Fun</b> Janusz 12:30-2:00pm	<b>H2O Aerobics</b> Trey 9:00-10:00am	<b>Rhythm Dance</b> Janusz 11:30am-12:30pm		
<b>Strength Yoga</b> Sarah 5:30 - 6:30pm	<b>Basic Yoga</b> Diane 10:00-11:00am		<b>Basic Yoga</b> Diane 10:00-11:00am	<b>Tai Chi</b> John 3:30-4:30pm		
	<b>Stretch &amp; Release</b> Jessica 4:00-5:30pm		<b>Restorative Yoga</b> Lisa 6:30-8:00pm			
	<b>Yoga</b> Hiromi 6:15-7:45pm					

ALL FITNESS CLASSES ARE FOR MEMBERS ONLY EXCEPT FOR WATER AEROBICS

No cancelled classes

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