



WELLNESS CLASSES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 CORE FUSION 8:15 - 9:00am Deanna in Motion Studio YOGA FOR ALL 9:30-10:30am Deanna in Motion Studio	2 HATHA YOGA 8:30-9:30am Natacha Arbor	3 POWER FLOW 8:30-9:30am Jayne Arbor	4 PILATES 9:00-10:00am Jayne Arbor	5 GENTLE YOGA 9:00 - 10:00am Carolena Arbor	6 POWER YOGA 8:00-9:00am Laura Motion Studio	7 FITNESS FUSION 8:15 - 9:00am Leslie in Motion Studio PILATES 9:30-10:30am Leslie in Motion Studio
8 CORE FUSION 8:15 - 9:00am Leslie in the Motion Studio YOGA FOR ALL 9:30-10:30am Leslie in the Motion Studio	9 HATHA YOGA 8:30-9:30am Natacha Arbor	10 POWER FLOW 8:30-9:30am Laura Arbor	11 PILATES 9:00-10:00am Jayne Arbor	12 GENTLE YOGA 9:00 - 10:00am Carolena Arbor	13 POWER YOGA 8:00-9:00am Deanna Arbor	14 FITNESS FUSION 8:15 - 9:00am Leslie in Motion Studio PILATES 9:30-10:30am Leslie in Motion Studio
15 CORE FUSION 8:15 - 9:00am Leslie in the Motion Studio YOGA FOR ALL 9:30-10:30am Leslie in the Motion Studio	16 HATHA YOGA 8:30-9:30am Natacha Motion Studio	17 POWER FLOW 8:30-9:30am Jayne Motion Studio	18 PILATES 9:00-10:00am Jayne Motion Studio	19 GENTLE YOGA 9:00 - 10:00am Carolena Motion Studio	20 POWER YOGA 8:00-9:00am Laura Motion Studio	21 FITNESS FUSION 8:15 - 9:00am Kat in Motion Studio VINYASA YOGA 9:30-10:30am Kat in Motion Studio
22 CORE FLOW 8:15 - 9:00am Kat in the Motion Studio YOGA FOR ALL 9:30-10:30am Kat in the Motion Studio	23 HATHA YOGA 8:30-9:30am Natacha Motion Studio	24 POWER FLOW 8:30-9:30am Jayne Motion Studio	25 PILATES 9:00-10:00am Jayne Motion Studio	26 GENTLE YOGA 9:00 - 10:00am Natacha Motion Studio	27 POWER YOGA 8:00-9:00am Laura Motion Studio	28 FITNESS FUSION 8:15 - 9:00am Leslie in Motion Studio PILATES 9:30-10:30am Leslie in Motion Studi
29 CORE FUSION 8:15 - 9:00am Leslie in the Motion Studio YOGA FOR ALL 9:30-10:30am Leslie in the Motion Studio	30 HATHA YOGA 8:30-9:30am Natacha Motion Studio					

FOR MORE INFORMATION OR TO SIGN UP FOR CLASS PLEASE CONTACT THE SPA.

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