

Contact us about personal training
and massage services

2019/2020 SCHEDULE

(Effective September 9, 2019)



| | MON | TUE | WED | THU | FRI | SAT | SUN |
|---------------|--|---|---|---|--|--|--|
| 6:00-7:00am | strength, stretch, flexibility <i>john farah</i> | circuit training <i>jeff barnett</i> | "core" dio workout <i>bj kramer</i> | circuit training <i>jeff barnett</i> | (6:15am-7:00am) rock your ride <i>jackie farah</i> | | |
| 7:00-8:00am | | | vinyasa level 2-3 <i>sandra allen</i> | ashtanga yoga <i>wendy dolan</i> | | | |
| 8:00-9:00am | | vinyasa level 2 <i>sam lieberman</i> | | | mat pilates <i>sara atwell</i> | (8:30am-9:30am) slow flow vinyasa <i>jt quon</i> | |
| 9:00-10:00am | (9:15am-10:15am) intro to hatha yoga <i>margo hosford</i> | (8:45am-9:45am) strength and stamina for all ages <i>margo hosford</i> continuing tai chi <i>diane evans</i> | (8:45am-9:45am) cycle & sculpt <i>jackie farah</i> | (8:45am-9:45am) strength and stamina for all ages <i>margo hosford</i> | vinyasa level 1 <i>marty betts</i> | basic feel good workout <i>john farah</i> | vinyasa level 1-2 <i>wendy dolan</i> circuit training <i>jeff barnett</i> |
| 10:00-11:00am | (10:30am-11:30am) functional fitness & joint stabilization <i>margo hosford</i> | (9:15am-10:15am) <i>sam lieberman</i> Yin Restorative strength & stamina <i>margo hosford</i> | hatha yoga <i>sam lieberman</i> beginning tai chi <i>diane evans</i> | strength and stamina for all ages <i>margo hosford</i> | building balance and strength <i>jackie farah</i> | | (10:30am-11:30am) mat pilates <i>sara atwell</i> |
| 11:00-12:00pm | foundational flow <i>marty betts</i> | | | yoga fundamentals <i>maureen tyler</i> | (12:00pm-1:00pm) strength, stretch, flexibility <i>john farah</i> | | |
| 4:30- 5:30pm | | building balance and strength <i>jackie farah</i> | | | | | |
| 6:00-7:00pm | 6:00pm-6:45pm rock your ride <i>jackie farah</i> hatha yoga <i>wendy dolan</i> | yoga unplugged (restorative) <i>nugget burkhart</i> butts and guts <i>careen labelle</i> | Yin Restorative <i>jt quon</i> cycle and sculpt <i>jackie farah</i> | -continuing tai chi <i>diane evans</i> full body blast <i>careen labelle</i> | Studio Hours: Monday - Thursday: 6:00am-7:00pm Friday 6:00am-2:00pm Saturday & Sunday 8:00 am - 12:00 pm Closed Wednesdays Noon - 4:00 pm FREE fitness consultations by appointment | | |