

# SUMMER 2020 FITNESS OFFERINGS



<b>SUN</b>	<b>DancEnergy</b> 8:00AM-8:50AM Joyce Colahan (Indoor: Group Ex)	<b>Barre Class</b> 9:00AM-9:50AM Mary Pat Hawkins Brigitte Karns (Indoor: WK & Zoom)	<b>AQUA SPLASH</b> 10:00AM-10:45AM James D'Ambrosio (Outdoor Pool)				
	<b>Stretch, Flow &amp; Meditate</b> 9:30AM Allison Swartz (Zoom)		<b>Zoomba</b> 10:00AM Klara Sands (Zoom) SS				
<b>MON</b>	<b>DancEnergy</b> 8:15AM-9:05AM Joyce Colahan (Indoor: Group Ex)		<b>Tabata Strength &amp; Core</b> 9:15AM-10:05AM Lisa Gillis (Indoor: Group Ex & Zoom) MW	<b>Fit Forever Cardio &amp; Strength</b> 11:00AM-11:50AM Tabatha Keating (Indoor: Group Ex)			
	<b>Strong Women</b> 8:30AM-9:15AM Lara Goodman (Zoom) MW	<b>Forever Fit</b> 10:00AM-10:30AM Tabatha Keating (Zoom) MF		<b>Chair Yoga (for seniors!)</b> 11:30AM-12:00PM Julia Reagan (Zoom)			
<b>TUE</b>	<b>Tabata Strength &amp; Core</b> 7:00AM-7:45AM Lisa Gillis (Outdoor field)	<b>DancEnergy</b> 7:10AM-8:00AM Claudia Rodenstein (Indoor: Group Ex)	<b>DancEnergy</b> 8:30AM-9:20AM Joyce Colahan (Indoor: Group Ex)	<b>Spinning</b> 9:00AM-9:50AM Fanny Danesh (Indoor: Gym)	<b>ZUMBA</b> 9:30AM-10:20AM James D'Ambrosio (Indoor: Group Ex)		<b>Yoga Flow</b> 5:30PM-6:30PM Allison Swartz (Outdoor field)
	<b>At Home Spin Class!</b> 9:00AM-10:00AM Wendy Webber (Zoom)	<b>Calisthenics Strength Training</b> 9:00AM-9:30AM Jeff Quinn (Zoom) Tue-Thu	<b>Fundamentals of Yoga</b> 9:30AM-10:30AM Stephanie Greenfield (Zoom)	<b>Senior Fitness</b> 10:00AM-10:30AM Lara Goodman (Zoom)	<b>Strong Legs, Strong Core</b> 10:30AM-11:00AM Lara Goodman (Zoom)	<b>Lunchtime, Crunchtime, Arms &amp; Abs!</b> 12:00PM-12:45PM Lisa Gillis (Zoom)	<b>Zoomba</b> 5:30PM Klara Sands (Zoom)
<b>WED</b>	<b>DancEnergy</b> 8:15AM-9:05AM Joyce Colahan (Indoor: Group Ex)	<b>Tabata Strength &amp; Core</b> 9:15AM-10:05AM Lisa Gillis (Indoor: Group Ex & Zoom) MW	<b>Cardio Dance</b> 10:30AM-11:20AM Patricia Pilon (Indoor: Group Ex)				
	<b>Strong Women</b> 8:30AM-9:15AM Lara Goodman (Zoom) MW		<b>Yoga</b> 10:00AM Sarah McCormack (Zoom)	<b>Stretch &amp; Core</b> 10:00AM-10:30AM Tabatha Keating (Zoom)	<b>Tabata Strength &amp; Core</b> 10:30AM-11:00AM Tabatha Keating (Zoom) WF		
<b>THU</b>	<b>DancEnergy</b> 7:10AM-8:00AM Sue Riordan (Indoor: Group Ex)	<b>DancEnergy</b> 8:15AM-9:05AM Lisa Gillis (Indoor: Group Ex)	<b>Spinning</b> 9:00AM-9:50AM Tabatha Keating (Indoor: Gym)	<b>Pilates</b> 6:00PM-6:30PM Brigitte Karns (Outdoor field)			
	<b>Calisthenics Strength Training</b> 9:00AM-9:30AM Jeff Quinn (Zoom) Tue-Thu	<b>Vinyasa Flow Yoga</b> 9:30AM-10:30AM Stephanie Greenfield (Zoom)	<b>Strong Arms, Strong Core</b> 10:30AM-11:00AM Lara Goodman (Zoom)				
<b>FRI</b>	<b>Live and Alive</b> 7:00AM-8:00AM Lisa Laurano (Outdoor field)	<b>DancEnergy</b> 7:10AM-8:00AM Claudia Rodenstein (Indoor: Group Ex)	<b>Sculpt &amp; Stretch</b> 8:30AM-9:20AM Lisa Gillis (Indoor: Group Ex & Zoom)	<b>Yin Yoga</b> 9:00AM-9:50AM Dennis Goldsmith (Indoor: WK) WF	<b>DancEnergy</b> 9:30AM-10:20AM Lisa Gillis (Indoor: Group Ex)		
				<b>Spinning</b> 9:00AM-10:00AM Lara Goodman (Zoom)	<b>Forever Fit</b> 10:00AM-10:30AM Tabatha Keating (Zoom) MF	<b>Tabata Strength &amp; Core</b> 10:30AM-11:00AM Tabatha Keating (Zoom) WF	
<b>SAT</b>	<b>DancEnergy</b> 7:10AM-8:00AM Aryn Ferreira (Indoor: Group Ex)	<b>DancEnergy</b> 8:15AM-9:05AM Joyce Colahan (Indoor: Group Ex)	<b>Spinning</b> 8:15AM-9:05AM Margie Cantor (Indoor: Gym)	<b>45 Minute Abs &amp; Arms</b> 9:30AM-10:15AM Lisa Gillis (Zoom)	<b>Zoomba</b> 10:00AM Klara Sands (Zoom) SS	<b>AQUA SPLASH</b> 10:00AM-10:45AM Lisa Laurano (Outdoor Pool)	

<b>KEY:</b>	<b>ZOOM CLASS ONLINE</b>	<b>INDOOR &amp; ZOOM</b>	<b>INDOOR CLASS</b>	<b>OUTDOOR FIELD</b>	<b>OUTDOOR POOL</b>
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