

# FALL 2020 FITNESS OFFERINGS

Updated 10/9/20



<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>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>TUE</b>	<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>AQUA SPLASH</b> 10:00AM-10:45AM Lisa Laurano (Indoor Pool) TuTh	
			<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>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>AQUA SPLASH</b> 10:00AM-10:45AM Lisa Laurano (Indoor Pool) TuTh		
			<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>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	

**KEY:**

ZOOM CLASS ONLINE

INDOOR & ZOOM

INDOOR CLASS

**NEW!**

INDOOR POOL

