

ALBERT AND ANN MARGOLIES FITNESS CENTER

Fitness Schedule November 2017		
Monday	7:15am – 8:00am	Zumba w/Jessica - Multi-Purposes Room
	8:15am – 8:45am	Spinning w/Jo - Multipurpose Room
	9:00am – 10:00am	Cardio Mix w/Jo - Multipurpose Room
	9:30am-10:00 am	Advanced Senior Yoga w/Mindy V (Auditorium)
	10:15am – 11:15am	Movement Monday's w/Mindy V. (Auditorium) - Koppelman
	10:15am-12:00pm	Cancer Wellness Program (pre-registration required)
	12:00pm-1:00pm	Women's Yoga w/Mindy H. - Multipurpose Room
	4:15pm-5:00pm	Slow Flow Yoga w?Mindy H- Multipurpose Room
	5:15pm-6:15pm	Dance Expressions for Kids w/shavy -Multi room 2
	5:00pm-6:00pm	Tai Chi w/rick -Auditorium
	6:00pm-7:00pm	PIYO w/Jessica - Multipurpose Room
6:16pm-7:15pm	Dance Expressions for Adults w/shavy -Multi room 2	
Tuesday	7:30am – 8:30am	20-20-20 w/ Jo - Multipurpose Room
	8:30am – 9:00am	Yoga w/Jo - Multipurpose Room
	11:15am-12:15pm	Silver Sneakers w/Pat -Multipurpose Room
	12:00pm – 12:45pm	Women's Cardio- Multi Purpose Room 2
	5:00pm – 5:45pm	Spin w/jo -New Spin Room
	6:00pm – 7:00pm	Abs w/Mindy - Multipurpose Room
	7:00pm – 8:00pm	Yoga w/ Mindy H. - Multipurpose Room
	7:00pm – 8:00pm	Punk Rope w/Jessica (Auditorium) - Koppelman Auditorium
Wednesday	7:30am – 8:15am	Fusion w/Jessica- Multipurpose Room
	8:30am – 9:30am	Low Impact w/ Jo or Mindy - Multipurpose Room
	9:15am-10:00 am	Senior Yoga w/Mindy V- Auditorium
	10:15am – 11:15am	Silver Sneakers w/Pat -Auditorium
	10:15am-12:00pm	Cancer Wellness Program (pre-registration required)
	12:00pm-1:00pm	Woman's Yoga w/ Mindy H. - Multipurpose Room
	5:00pm-6:00pm	Wednesday Nite weights w/Mindy V- Multipurpose Room
	5:15pm-6:15pm	Dance Expressions for Kids w/shavy -Multi room 2
	6:00pm – 6:30pm	Spin w/Mindy V New Spin Room
6:15pm-7:15pm	Dance Expressions for Adults w/shavy -Multi room	
Thursday	7:30am – 8:30am	Cardio Choice w/ Jo - Multipurpose Room
	11:15-12:15	Silver Sneakers w/Pat Multipurpose Room
	12:00pm – 12:45pm	Womens's cardio w/Mindy v Multipurpose Room 2
	5:00pm – 6:00pm	Quik spin w/abs w/Mindy V New Spin Room
	6:00pm-7:00pm	Yoga w/Paul Multipurpose Room
	6:00pm – 6:30pm	Quik spin w/Mindy V New Spin Room
	7:00pm – 8:00pm	Fusion w/Jessica- Multipurpose Room
Friday	7:15am – 8:30am	PIYO w/Jessica - Multipurpose Room
	8:30am – 9:30am	Yoga w/Mindy H - Multipurpose Room
	8:45am-9:30am	Senior Yoga w/Mindy V Auditorium
	9:30am – 10:15am	Weights w/ Mindy H. - Multipurpose Room
	9:30am-10:15am	Silver & Fit Cardio w/Mindy V (Auditorium) - Auditorium
	10:15am – 11:30am	Cancer Wellness Program (pre-registration required)
	10:30am-11:15am	Zumba Gold (Auditorium) - Koppelman Auditorium
	11:15am-12:15pm	Silver Sneakers w/pat Auditorium
Sunday	8:30am-9:00am	Pilates w/Jo - Multipurpose Room
	9:00am – 10:00am	Boot Camp w/Jo - Multipurpose Room
	10:00am-11:00am	Yoga w/ Mindy or Jo - Multipurpose Room