

ALBERT AND ANN MARGOLIES FITNESS CENTER

FITNESS CLASS SCHEDULE MARCH 2017

Monday	7:15am – 8:00am	Zumba w/ Jessica (Multipurpose Room)
	8:15am – 9:00am	Spinning w/ Jo (Multipurpose Room)
	9:00am – 9:45am	Cardio Mix w/ Jo (Multipurpose Room)
	9:30am-10:00am	Advanced Senior (age 60+) Yoga (Koppelman)
	10:00am – 10:45am	Movement Monday's w/ Mindy V. (Koppelman)
	10:30am – 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)
	5:00pm – 6:00pm	Tai Chi w/ Rick (Koppelman)
	5:00pm – 5:45pm	Kid's Yoga w/ Mindy H. (Goodman Lounge)
	5:45pm – 6:30pm	H.I.I.T. (High Intensity Interval Training) w/ Joe G.(Multipurpose Room)
	6:00pm – 7:00pm	PiYo w/ Jessica (Linder Room)
	6:30pm – 7:30pm	Dance Expressions w/ Shavy (Multipurpose Room)
	Tuesday	7:30am – 8:30am
8:30am – 9:00am		Yoga w/ Jo (Multipurpose Room)
12:00pm – 12:45pm		Women's Cardio – 45 Minutes Total Mix (Multipurpose Room)
5:15pm – 6:00pm		Kid's Yoga w/ Mindy H. (Goodman Lounge)
5:00pm – 5:45pm		Spin w/ Jo (Multipurpose Room)
6:00pm – 7:00pm		Yoga w/ Mindy H. (Multipurpose Room)
7:00pm – 8:00pm		Punk Rope w/ Jessica (Koppelman)
Wednesday	7:30am – 8:15am	Fusion w/ Jessica (Multipurpose Room)
	8:30am – 9:30am	Low Impact w/ Jo or Mindy (Multipurpose Room)
	9:30am – 10:15am	Senior Yoga w/ Mindy V. (Koppelman)
	10:30am – 11:30am	Cancer Wellness Program (Pre-Registration Required)
	11:15am – 12:00pm	Slow Flow Yoga w/ Mindy H. (Activity Room)
	11:15am – 12:00pm	Healthy Steps for Seniors w/ Rick (Goodman Lounge)
	12:00pm – 1:00pm	Women's Yoga w/ Mindy H. (Multipurpose Room)
	3:45pm - 4:45pm	Cardio Body Sculpt w/Jo (Multipurpose Room)
	4:15pm – 5:15pm	Dance Expressions w/Shavy (ages 4-9) (Activity Room)
	5:15 pm - 6:00pm	H.I.T.T. w/Joe G. (Multipurpose Room)
	5:15pm – 6:15pm	Dance Expressions w/ Shavy Age 10+ (Activity Room)
6:30pm – 7:30pm	Dance Expressions w/ Shavy (Multipurpose Room)	
Thursday	7:30am – 8:30am	Cardio Choice w/ Jo (Multipurpose Room)
	8:30am – 9:00am	Spinning w/ Jo (Multipurpose Room)
	12:00pm – 12:45pm	Women's Cardio – 45 Minutes Total Mix (Multipurpose Room)
	6:00pm – 7:00pm	Yoga w/ Mindy H. (Multipurpose Room)
	7:00pm – 8:00pm	Fusion w/ Jessica (Multipurpose Room)
Friday	7:30am – 8:15am	PiYo w/ Jessica (Multipurpose Room)
	8:30am – 9:30am	Yoga w/ Mindy H. (Multipurpose Room)
	8:45am – 9:30am	Senior Yoga w/ Mindy V. (Koppelman)
	9:30am – 10:15am	Silver & Fit Cardio w/ Mindy V. (Koppelman)
	9:30am-10:30am	Weight w/Mindy Hill(Multipurpose Room)
	10:30am – 12:00pm	Cancer Wellness Program (Pre-Registration Required)
	10:30am – 11:15am	Zumba Gold (Koppelman)
Saturday	7:00am – 7:00pm	CLOSED
Sunday	8:30am – 9:00am	Pilates w/ Jo (Multipurpose Room)
	9:00am – 10:00am	Boot Camp w/ Jo (Multipurpose Room)