

ALBERT AND ANN MARGOLIES FITNESS CENTER

FITNESS CLASS SCHEDULE OCTOBER 2017

Fitness Schedule October 2017		
Monday	7:15am – 8:00am	Zumba w/Jessica - Multi-Purposes 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 Yoga w/mindy v Auditorium
	10:00am – 10:45am	Movement Monday's w/Mindy V. - Koppelman
	10:15am – 12:00pm	Cancer Wellness Program (pre-registration)
	12:00pm – 1:00pm	Women's Yoga w/Mindy H. - Multipurpose Room
	4:15pm – 5:00pm	Slow Flow Yoga w/Mindy H. - Multipurpose
	5:15pm-6:15pm	Dance Expressions For Kids w/Shavy- Multi 2
	5:00pm – 6:00pm	Tai Chi w/Rick -Auditorium
	6:00pm- 7:00 pm	PIYO w/Jessica- Multipurpose Room
	6:15pm- 7:15pm	Dance Expressions w/Shavy - Multipurpose Rm 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	Woman's Cardio Total Mix - Multipurpose Rm
	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 Auditorium	
Wednesday	7:30am – 8:15am	Fusion w/ Jessica - Multipurpose Room
	8:30am – 9:30am	Low Impact w/ Jo or Mindy - Multipurpose Room
	9:30am-10:15 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)
	11:15am-12:00pm	Slow Flow Yoga w/Mindy H. - Multipurpose Room 2
	11:15am - 12:00am	Healthy Steps for seniors w/Rick - Goodman
	12:00pm – 1:00pm	Woman's Yoga w/ Mindy H. - Multipurpose Room
	3:45pm-4:45pm	Cardio Body Sculpt w/ Jo - Multipurpose Room
	5:00pm – 6:00pm	Wed Nite Weights w/Mindy V. - Multipurpose
5:15pm-6:16pm	Dance Expressions for Kids w/Shavy- Multi rm1	
6:15pm- 7:15pm	Dance Expressions w/shavy -Multi rm 1	
Thursday	7:30am – 8:30am	Cardio Choice w/ Jo - Multipurpose Room
	8:30am – 9:15am	Spinning w/Jo - Multi-Purpose Room
	11:15am-12:15pm	Silver sneakers w/Pat - Multi room 1
	12:00pm – 12:45pm	Woman's Cardio Total Mix - Multipurpose Rm2
	5:00pm – 6:00pm	Quik spin and abs w/Mindy V - Multipurpose
	6:00pm – 7:00pm	Yoga w/ Paul. - Multipurpose Room
	7:00pm – 8:00pm	Fusion w/Jessica - Multi Room 1
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 - Multi Rm 1
	9:30am – 10:15am	Silver & Fit Cardio w/Mindy V Auditorium
	10:15am – 12:00pm	Cancer Wellness Program (pre-registration)
	10:30am – 11:15am	Zumba Gold - 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 Mindy - Multipurpose Room