

Exercise Class Schedule

ALBERT & ANN MARGOLIES FITNESS & WELLNESS CENTER EXERCISE CLASS SCHEDULE APRIL 2024

Monday

9:15am-10:00am **ADVANCED SENIOR YOGA w/Mindy V. - Koppelman Auditorium**
10:15am-11:00am **SILVER SNEAKERS w/Mindy V. - Koppelman Auditorium**
12:00pm-1:00pm **WOMEN'S YOGA w/Jo Akers - MultiPurpose Room**
4:15pm-5:15pm **KIDS DANCERCISE w/Chavy Schwartz - MultiPurpose Room**
6:00pm-7:00pm **YOGA w/Carli Kalinoski - MultiPurpose Room**
6:00pm-6:45pm **STRENGTH TRAINING w/Jessica Stull - Linder Room**
6:45pm-7:15pm **CIRCL MOBILITY w/Jessica Stull - Linder Room**

Tuesday

7:30am-8:30am **20-20-20 w/Jo Akers - Koppelman Auditorium**
10:00am-10:45am **SENIOR YOGA MOVES w/Mindy V. - Koppelman Auditorium**
11:15am-12:15pm **SILVER SNEAKERS w/Pat Barnes - Koppelman Auditorium**
5:15pm-6:00pm **POWER UP w/Chavy Schwartz- Multipurpose Room**
7:00pm-7:30pm **STRONG NATION w/Jessica Stull - Multipurpose Room**

Wednesday

7:30am-8:15am **STRENGTH TRAINING w/Jessica Stull - Multipurpose Room**
9:00am-9:45am **SENIOR YOGA w/Mindy V. - Koppelman Auditorium**
11:15pm-12:00pm **SILVER SNEAKERS w/Mindy Van Fleet- Koppelman Auditorium**
12:00pm-1:00pm **WOMEN'S YOGA w/Jo Akers - Multipurpose Room**
6:00pm-6:45pm **H.I.I.T. (High Intensity Interval Training) w/Austin Hill - Multipurpose Room**

Thursday

7:30am-8:30am **CARDIO CHOICE w/Jo Akers - Koppelman Auditorium**
10:00am-10:45am **BARRE YOGA w/Mindy V. - Koppelman Auditorium**
11:15am-12:15pm **SILVER SNEAKERS w/Pat Barnes - Koppelman Auditorium**
5:15pm-6:00pm **POWER UP w/Chavy Schwartz - Multipurpose Room**
6:00pm-7:00pm **YOGA w/Mindy Hill - Multipurpose Room**

Friday

8:45am-9:30am **SENIOR YOGA w/Mindy V. - Koppelman Auditorium**
9:45am-10:30am **SILVER & FIT CARDIO w/Mindy V. - Koppelman Auditorium**
11:00am-11:45am **ZUMBA GOLD w/Mindy V. - Koppelman Auditorium**
12:00pm-1:00pm **SILVER SNEAKERS w/Pat Barnes - Koppelman Auditorium**

Sunday

8:30am-9:00am **PILATES w/Jo Akers - Multipurpose Room**
9:00am-10:00am **BOOT CAMP w/Jo Akers - Multipurpose Room**
10:00am-10:45am **YOGA w/Jo Akers - Multipurpose Room**