

Levy Free Class Week Schedule

Week of: August 28

	8/28 MONDAY	8/29 TUESDAY	8/30 WEDNESDAY	8/31 THURSDAY	9/1 FRIDAY
8:00 AM					
8:30 AM					
8:45 AM					Tai Chi Chi Gong 8:45a-9:45aa Bobby's Evelyn Thompson
9:00 AM					Zumba Gold Toning 9a-10a Gym Sue Hock
9:30 AM		Pilates/Sculpt 9:30a-10:15a Gym Marla Lampert	SilverSneakers Yoga 9:30a-10:30a Bobby's Shauna Babcock		Integrated Body 9:30a-10:15a Dance Studio Barbara Meyer
9:45 AM					
10:00 AM					SilverSneakers Stability 10a-11a Bobby's Maureen Fogerty
10:15 AM					
10:30 AM	Cardio, Strength, & Stretch 10:30a-11:30a Gym Marla Lampert	Power-Up 10:30a-11a Locust Sandy Nowarita		Let's Dance 10:15a-10:45a Dance Studio Sandy Nowarita	Mind/Body- CSS 10:30a-11:30a Gym Barbara Meyer
10:45 AM					
11:00 AM		Stretch & Restore Yoga 11:15a-11:45a Locust Sandy Nowarita		Tai Chi- Advanced 10a-11a Locust Andrew Serlin	
11:30 AM		Zumba Gold 11a-12p Dance Studio Sue Hock			
11:45 AM					SilverSneakers Yoga 11:45a-12:45p Gym Barbara Meyer
12:00 PM					
12:30 PM					
12:45 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					
5:30 PM					
6:00 PM					
6:30 PM		Essentrics 6:30p-7:30p Bobby's Cynthia Rosario		Zumba for Boomers 6:30p-7:30p Dance Studio Sue Hock	
7:30 PM					