

	55 CHURCH ST GYM	HUNT BUILDING	ONLINE	OTHER*
<b>MON</b>	<b>9:00-10:00am</b> Small Equipment Workout w/Teresa <b>10:15-11:15am</b> Stretch & Arthritis w/Teresa <b>4:15-5:15pm</b> Body Sculpting w/Diane	<b>6:00-7:00am</b> Rip & Ride w/Mary	<b>9:30-10:30am</b> Pilates with Weights w/Cheryl	
<b>TUE</b>	<b>8:30-9:30am</b> Yoga Stretch & Strength w/Lisa <b>10:30-11:30am</b> Stretch & Arthritis w/Carolyn <b>4:15-5:15pm</b> Body Sculpting w/Diane		<b>6:00-7:00am</b> Boot Camp w/Mary	<b>6:45-7:45am</b> Baby Boomer Boot Camp w/Teresa BEEDE PATIO <b>9:00-10:00am</b> Gentle Yoga w/Melinda WHITE POND
<b>WED</b>	<b>9:30-10:30am</b> Yoga Basics w/Cathy <b>10:45-11:45am</b> Stretch & Arthritis w/Teresa <b>12:00-1:00pm</b> Small Equipment Workout w/Teresa	<b>6:00-7:00am</b> Rip & Ride w/Mary	<b>8:30-9:30am</b> Align for Motion w/Shirley	<b>5:30-6:30pm</b> Yoga for Stiff People w/Kelly EMERSON FIELD
<b>THU</b>	<b>9:30-10:30am</b> Pilates with Weights w/Lori <b>10:45-11:45am</b> Stretch & Arthritis w/Teresa <b>12:00-1:00pm</b> Small Equipment Workout w/Teresa			<b>6:45-7:45am</b> Baby Boomer Boot Camp w/Teresa BEEDE PATIO
<b>FRI</b>	<b>8:45-9:45am</b> Body Sculpting w/Diane		<b>8:00-9:00am</b> Yoga Stretch & Strength w/Lisa <b>4:30-5:15pm</b> Restorative Yoga w/Kelly	
<b>SU</b>				<b>8:30-10:00am</b> Paddleboard Yoga w/Amber WHITE POND <b>11:00am-12:30pm</b> Hike Yoga w/Amber FAIRYLAND PARK

\*These are classes held only during certain times of the year at seasonal locations.