



# LAND FITNESS SCHEDULE

WINTER 2024: JANUARY 2 - MARCH 9

	55 CHURCH ST GYM	HUNT BUILDING	ONLINE
MON	1:00-2:00pm Land Arthritis w/Teresa		
	4:15-5:15pm Body Sculpting w/Diane	6:30-7:30am Spin w/Mary	8:00-9:00am Small Group Training w/Laurel
	5:30-6:30pm Yoga for Stiff People w/Kelly		
TUE	8:30-9:30am Stretch & Strength w/Lisa		
	10:30-11:30am Stretch & Arthritis w/Carolyn	10:00-11:00am Gentle Yoga w/Eleonora	
	4:15-5:15pm Body Sculpting w/Diane		
WED	9:30-10:30am Yoga Basics w/Cathy	9:30-10:30am Boot Camp w/Carolyn	
	5:30-6:30pm Restorative Yoga w/Amber	10:40-11:30am Baby & Me Boot Camp w/Carolyn	8:00-9:00am Small Group Training w/Laurel
		11:30am-12:20pm Baby & Me Dance w/Carolyn	
THU	9:30-10:30am Pilates with Weights w/Lori		
FRI	8:50-9:50am Body Sculpting w/Diane		7:30-8:30am Small Group Training w/Laurel
	10:00-11:00am Stretch & Arthritis w/Carolyn		8:00-9:00am Stretch & Strength w/Lisa
	11:15am-12:15pm Yoga for Stiff People w/Kelly		

**BEEDE  
CENTER**  
swim + fitness