

Fitness Class Schedule August 2019

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
RCRC 415 Lake Street							
AM	BODYPUMP 7:45-8:40A / Nathalie Deutsch INTERVAL CYCLE 8:45-9:30A / Shailushi Ritchie	FITNESS INFERNO 5:45-6:30A / Mia Bonds POWER VINYASA 9:15-10:25A / Betsy Grimm	CYCLE 5:45-6:30A / Savannah Hill CORE DE FORCE 6:00-6:45A / M.E. Kennedy BARRE ABOVE 9:15-10:10A / Candace Lee	BODYPUMP 6:00-6:55A / M.E. Kennedy PILATES BOOTCAMP 9:00-9:45A / Darryl Lee	CYCLE FUSION 5:45-6:30A / Savannah Hill CORE CYCLE 9:00-9:45A / Grace Doi BARRE ABOVE 9:15-10:10A / Candace Lee CORE & FOAM ROLLING 9:45A-10:15A / Grace Doi	BODYPUMP EXPRESS 6:00-6:45A / M.E. Kennedy BODYPUMP 9:15-10:15A / Grace Doi	CARDIO HIIT 7:00-7:30A / Mia Bonds BODYPUMP 7:45-8:40A / Nathalie Deutsch CYCLE 8:30-9:15A / Grace Doi DYNAMIC STRETCHING & FOAM ROLLING 9:20-10:00A / Grace Doi
PM		BODYPUMP 5:30-6:25P / Grace Doi SOME LIKE IT LIGHT 5:30-6:30P / Judy Neumann BODYPUMP 7:15-8:15P / Vicky Connors	BODYPUMP 6:45-7:40P / Tudcin Reyes CYCLE 7:00-7:45P / Tom Gallagher	BODYPUMP EXPRESS 5:30-6:15P / Grace Doi SOME LIKE IT LIGHT 5:30-6:30P / Judy Neumann	BODYPUMP 6:45-7:40P / Nathalie Deutsch	MEET ME AT THE BAR(RE) 7:00-8:00P / M.E. Kennedy (Barre Fitness) or Tudcin Reyes (BODYPUMP)	
DOLE CENTER 255 Augusta Street							
AM		BASIC FITNESS 10:00-10:55A / Mara Leonard	STRONG & LONG 8:15-9:10A / Mara Leonard	YOGA + MEDITATION 9:00-10:00A / Betsy Grimm BASIC FITNESS 10:00-10:55A / Mara Leonard	STRONG & LONG 8:15-9:10A / Mara Leonard	GENTLE YOGA 9:15-10:15A / Noele Sutherland BASIC FITNESS 10:00-10:55A / Mara Leonard	ZUMBA 7:30-8:30A / Toccara Daniel BEG/CONT YOGA 8:30-9:40A / Teresa Heit-Murray WERQ DANCE FITNESS 10:00-10:45A / Sara Barrick
PM			BEGINNERS YOGA 4:00-5:25P / Kathleen Furey BODY SCULPT 6:00-7:00P / Al Tischina	SOMAYOGA 7:15-8:25P / Tiffany Courtois	BODY SCULPT 6:00-7:00P / Al Tischina		
AUSTIN GARDENS 167 Forest Ave							
PM		POWER VINYASA 7:00-8:00P / Noele Sutherland					Nia 9:00-9:55A / Pam Berk POWER VINYASA 10:15-11:15A / Noele Sutherland
GRC 21 Lake Street							
AM		PILATES BOOTCAMP 9:00-9:45A / Darryl Lee NIA 6:00-7:00P / Brigid OShaughnessy					
STEVENSON CENTER 49 Lake Street							
AM		NIA 9:00-9:55A / Andrea Edwards	NIA 9:00-9:55A / Andrea Edwards	ZUMBA 9:00-10:00A / Toccara Daniel		NIA 9:00-9:55A / Andrea Edwards	
PM		FIT FUN 6:15-7:10P / Al Tischina		FIT FUN 6:15-7:10P / Al Tischina BODYPUMP 7:15-8:15P / Vicky Connors	WERQ DANCE FITNESS 6:30-7:15P / Sara Barrick	Recommendation for overall wellness—Pick at least one format of each per week : Strength Training + Cardio Mind + Body Dance Fitness Active Adult: (50+): Punch passes available for purchase at GRC or RCRC locations. <i>*Schedule subject to change, please reference Mindbody for the most up to date information</i> www.pdop.org/fitness	