

SPRING BREAK GROUP EXERCISE SCHEDULE WEEK #1

FRIDAY, MARCH 24 - SUNDAY, MARCH 26

FRIDAY, 3/24	SATURDAY, 3/25	SUNDAY, 3/26
6:00 - 7:00 am Vinyasa Flow Yoga Loralee	8:00 - 8:50 am BodyCombat Amy R	8:30 - 9:20 am Cycle Susan E
8:30 - 9:25 am Tabata Sculpt & Core Susan E	9:00 - 10:00 am Body Pump Amy R	9:00 - 10:15 am Vinyasa Flow Yoga Tatiana
9:15 - 10:15 am Cycle Lisa H.	9:00 - 10:00 am Cycle Melissa	9:30 - 10:20 am Strength & Core Susan E
9:30 - 10:25 am Just Dance Lesley	9:15 - 10:05 am WERQ Dance Susie N	2:00 - 3:00 pm Total Body Yoga Tatiana
10:00 - 10:55 am Chair Yoga (AOA) Elaine	10:15 - 11:30 am Power Yoga Liza	
10:20 - 11:10 am Adult Ballet (AOA) Werner	10:15 - 11:15 am Body Pump Susie N	
10:30 - 11:00 am Arm, Core and Stretch with Lesley		
11:15 - 12:15 pm Wellness <i>Registration Required</i>		
11:15 am - 12:05 pm (AOA) Heart Plus Toning Werner		
11:15 - 12:15 pm Total Body Yoga Tatiana		
12:30 - 1:30 pm (AOA) Therapeutic Yoga Marlene		
1:45 - 2:45 pm Wellness <i>Registration Required</i>		

A 10-day Spring Break Group Exercise Schedule will take place
March 24th - April 2nd.
It will be available on-line, on our phone APP and at the Front Desk.

SPRING BREAK GROUP EXERCISE SCHEDULE WEEK #2

MONDAY, MARCH 27 - SUNDAY, APRIL 2

ON THE REVERSE SIDE.

- (AOA) Active Older Adult
- CODES:
- Cycle Studio ●
 - Main Studio ●
 - Mind/Body Studio ○
 - Banquet Room ●

For more information about the Group Exercise Schedule, contact Amy Rosales @ 847-535-7632 or arosales@nmhfc.com