



DEER PATH

CLASS SCHEDULE

MONDAY

Senior Stretch with Jill: 11:15 AM–12 PM (Gym)

TUESDAY

Pilates with Jill: 9–9:45 AM (MPR)

Yoga with Monalisa: 4:30–5:15 PM (FS)

WEDNESDAY

Yoga with Heather: 9–10 AM (FS)

Stretch & Balance with Liz: 10:30–11:15 AM (MPR)

THURSDAY

Yoga with Jill: 9–10 AM (MPR)

Yoga with Jill: 6:45–7:45 PM (MPR)

FRIDAY

Stretch & Balance Express with Jill: 10:30–11 AM (MPR)

SATURDAY

Yoga with Monalisa: 8–9 AM (MPR)