			DAYTIME CLASSES			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Cycle</b> 8:30-9:15 AM Ily C/Mike   Studio	Strength & Balance 7:30 -8:15 AM Tanya   Studio	Silver Sneakers Classic 7:30 -8:15 AM Jennifer   Studio	Silver Sneakers Classic 7:30 -8:15 AM Jennifer   Studio	Silver Sneakers Classic 7:30 -8:15 AM Jennifer   Studio	Muscle Max 8:00-9:00 AM Kelly K   Studio	<b>Cycle</b> 9:15-10:00 Al Ferri/Sarah   Stud
Barre Fusion 9:30-10:15 AM Lindsay   Studio	<b>HIIT</b> 8:30-9:30 AM Kelly K   Studio	<b>Muscle Max</b> 8:30-9:15 AM Kelly C   Studio	<b>Total Body</b> 8:30-9:15 AM Hayley   Studio	Cycle & Sculpt 8:30-9:30 AM Rose   Studio	CIRCL Mobility™ 9:15-10:00 AM Mel   Studio	
	Aqua Tone & Stretch 9:00- 10:00 AM Lili   Pool		Aqua Tone & Stretch 9:00-10:00 AM Deirdre   Pool			
	Silver Splash 10:15-11:15 AM Lili   Pool		Seated Strength & Balance 10:00-10:45 AM Mel   Studio			
			Silver Splash 10:15-11:15 AM Deirdre   Pool			
MONDAY	TUESDAY	WEDNESDAY	EVENING CLASSES THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Cycle</b> 6:30-7:15 PM Mike/Hayley   Studio	Pump It 6:00-6:45 PM Terri   Studio	<b>Cycle</b> 6:00-6:45 PM Mike/Rose/Sarah   Studio	<b>Zumba</b> 5:00-5:45 PM Justine   Studio			
		<b>Yoga</b> 7:00-8:00 PM Katie   Studio	<b>Total Strength</b> 6:00-6:45 PM Sarah   Studio		Group Exercise Schedule Group exercise classes are included rship. Registration required for agua group	
					exercise classes only by visiting the Welcor	through Mindbody
					Nazareth Stay & Play Hours:	
					Monday-Friday 8 Monday-Thursd	
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	
				(10 lb)		

Updated 7/1/25