



GROUP EXERCISE

MONDAY

- 6:00 - 6:45 **Total Body TurnUp** w/Key
- 8:30 - 9:20 **Cardio Sculpt** w/Melissa
- 9:00 - 10:00 **Studio Spin** w/Lane
- 9:30 - 10:20 **Zumba** w/Nancy
- 10:00 - 11:00 **Restorative Yoga** w/Alisa
- 10:30 - 11:20 Golden Beats** w/ Samantha
- 11:05 - 11:20 **Yoga Core** w/Alisa
- 11:25 - 12:15 **Yoga Blend** w/Alisa
- 12:00 - 12:50 Power Up** w/Key
- 1:00 - 1:50 **SilverShuffle** w/Melissa
- 4:30 - 5:20 **Bootcamp** w/Adrian
- 5:15 - 5:30 **Yoga Core** w/Alisa
- 5:30 - 6:20 **Studio Spin** w/Nikki
- 5:40 - 6:30 **Hatha Yoga(Levels 2/3)**w/Alisa
- 5:45 - 6:30 **BunsNGuns(Level 2)** w/Toni
- 6:30 - 7:20 **MIXXEDFIT®** w/Natasha

TUESDAY

- 5:30 - 6:15 **Sunrise Yoga** w/Melissa
- 8:30 - 9:20 **Yoga** w/Natalie
- 8:30 - 9:20 Total Body TurnUp** w/Lane
- 9:30 - 10:20 **Restorative Yoga** w/Natalie
- 11:00 - 11:50 **SilverSneakers® Circuit** w/Barbara
- 4:30 - 5:20 **BunsNGuns** w/MaryDawn
- 5:30 - 6:30 Heated Power Yoga** w/Candace
- 5:30 - 6:20 **Studio Spin** w/Kelly
- 5:30 - 6:20 **Zumba** w/Natasha

WEDNESDAY

- 5:30 - 6:15 **Hot Strong Detox Yoga** w/Susan
- 6:00 - 6:45 **Total Body TurnUp** w/Key
- 8:30 - 9:20 **Cardio Sculpt** w/Melissa
- 9:00 - 10:00 **Studio Spin** w/Lane
- 9:30 - 10:20 **SilverSneakers® Yoga** w/Barbara
- 10:30 - 11:20 **SilverSneakers® Classic** w/Barbara
- 11:05 - 11:20 **Yoga Core** w/Alisa
- 11:25 - 12:15 **Yoga Blend** w/Alisa
- 12:00 - 12:50 Power Up** w/Key
- 1:00 - 1:50 **Silver Shuffle** w/Melissa
- 4:30 - 5:20 **Bootcamp** w/Adrian
- 5:15 - 5:30 **Yoga Core** w/Alisa
- 5:30 - 6:20 Studio Spin** w/Crystal
- 5:40 - 6:30 **Hatha Yoga(Levels 2/3)** w/Alisa
- 5:45 - 6:30 **BunsNGuns(Level 2)** w/Toni
- 6:30 - 7:20 **MIXXEDFIT®** w/Natasha

THURSDAY

- 5:30 - 6:15 **Studio Spin** w/Paul
- 8:30 - 9:20 **Total Body TurnUp** w/Key
- 8:30 - 9:20 Basic Yoga** w/Melissa
- 9:30 - 10:20 Restorative Yoga** w/Natalie
- 11:00 - 11:50 **SilverSneakers® Circuit**w/Barbara
- 4:30 - 5:20 **BunsNGuns** w/MaryDawn
- 4:30 - 5:20 **Basic Yoga** w/Melissa
- 5:30 - 6:20 **Zumba** w/DeDe
- 5:30 - 6:25 **Studio Spin** w/Beth

FRIDAY

- 6:00 - 6:45 **Total Body TurnUp** w/Key
- 8:30 - 9:20 **Zumba** w/Nancy
- 9:00 - 10:00 **Studio Spin** w/Lane
- 9:30 - 10:20 **Barre** w/ Nancy
- 10:00 - 11:00 **Restorative Yoga** w/Alisa
- 11:15 - 12:00 **SilverSneakers® Circuit**w/Barbara
- 11:05 - 11:20 **Yoga Core** w/Alisa
- 11:25 - 12:15 **Yoga Blend** w/Alisa
- 12:00 - 12:50 Power Up** w/Key
- 1:00 - 1:50 **Silver Shuffle** w/Melissa
- 4:30 - 5:20 **Bootcamp** w/Adrian

SATURDAY

- 8:30 - 9:20 **Hot Flow Yoga** w/Bethany
- 9:30 - 10:30 **Studio Spin** Rotation
- 10:30 - 11:20 **Zumba** Rotation

SUNDAY

- 3:00 - 3:50 **Yoga (All Levels)** Rotation



Fall Schedule

1st & 3rd Tuesday of the month @ 4:30 Yoga Basics w/Bethany

Please visit our website at www.stbernardswellness.com

