

SRC ZOOM Class Schedule September 2020

Monday

11:00a-12:00p
Pilates w/Sheri

5:30p-6:30p
TBC w/Jillian

Tuesday

10:00a-11:00a
Yoga w/ Lisa Devi

11:00a-11:45a
ZUMBA w/Lucy

1:00p-1:55p
TBC w/Tim

7:30p-8:30p
Yoga w/Steve

Wednesday

7:30a-8:00a
Guided Meditation
w/Selima

8:15a-9:15a
Gentle Yoga w/Selima

5:30p-6:15p
Pulse Barre w/ Cheryl

Thursday

11:00a-11:45a
ZUMBA w/Lucy

1:00p - 1:55p
Pilates Fusion w/Sheri

7:30p-8:30p
Yoga w/ Lisa D.

Friday

9:00a-10:00a
Yoga Tone w/Nicole W.

11:00a-12:00
TBC w/Sheri

Saturday

8:45a-9:45a
Tabata w/Jodi

10:00a-11:00a
Yin Yoga w/Selima

Sunday

9:00a-10:00a
Yoga w/Jill G.

11:00a-11:45a
ZUMBA w/Lucy