SRC ZOOM Class Schedule
February 2021

Monday
8:00a-9:00a
TBC w/Jodi

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

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

7:30p-8:00p
Yin Yoga
w/Selima

Tuesday
8:00a-9:00a
HIIT w/Nancy

10:00a-11:00a
Yoga w/ Steve

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

9:30a-10:30a
WERQ w/Lee

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

Thursday
6:00a-7:00a
Yoga w/Steve

8:00a-9:00a
Tabata w/Jodi

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

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

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

Friday
8:00a-8:45a
Qi Gong w/Lisa D.

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

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

Saturday
8:00a-9:00a
Yoga w/Steve

9:15a-10:15a
Tabata w/Jodi

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

10:15a-11:00a
ZUMBA w/Lucy