

# SRC ZOOM Class Schedule

## May 2021

### **Monday**

9:30a-10:30a  
Pilates w/Sheri

7:30p-8:15p  
Yin Yoga w/Selima

### **Thursday**

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

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

### **Tuesday**

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

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

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

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

### **Friday**

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

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

9:30a-10:30p  
TBC w/Sheri

### **Wednesday**

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

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

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

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

### **Saturday**

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

### **Sunday**

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

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