

# GROUP FITNESS CLASS SCHEDULE



POWERED BY iWELL

ARLINGTON

**Dec-20**

	TIME	CLASS	INSTRUCTOR	LENGTH	<b>INFORMATION:</b> * Denotes class also head on Zoom. Please see front desk for details
<b>MONDAY</b>	9:00 AM	Lifestyle Conditioning	Sandy	45 mins	
	10:15 AM	Yoga	Patty	45 mins	
	6:00 PM	Yoga	Jessica/Patty	50 mins	
<b>TUESDAY</b>	9:00 AM	Strength	Phyllis	45 mins	
	10:00 AM	Chair Yoga	Phyllis	45 mins	
	11:00 AM	Lifestyle Conditioning	Chris	45 mins	
<b>WEDNESDAY</b>	9:00 AM	Zumba Gold	Silvana	45 mins	
	10:00 AM	Total Body Workout *	Silvana	45 mins	
	6:00 PM	Yoga *	Rotation	50 mins	
<b>THURSDAY</b>	9:00 AM	Strength	Phyllis	45 mins	
	10:00 AM	Chair Yoga	Phyllis	45 mins	
	11:00 AM	Lifestyle Conditioning	Chris	45 mins	
<b>FRIDAY</b>	9:00 AM	Zumba Gold	Sandy	45 mins	
	10:15 AM	Yoga	Sandy	45 mins	

## HOURS OF OPERATION:

Monday, Wednesday 7:30 AM to 7:00 PM  
 Tuesday, Thursday, Friday 7:30 AM to 4:00 PM