

MAC

WELLNESS AND FITNESS

MARCH 29 - APRIL 4

Monday 3/29		
9:30 am	Aeromix SANDY	55 min ON ZOOM
10:30 am	YOGA ALLISON	60 min ON ZOOM
Tuesday 3/30		
8:30 am	Solid Strength TINA	45 min ON ZOOM
9:30 am	Chair Yoga SAMANTHA	45 min ON ZOOM
10:30 am	Pilates Fusion PATRICIA	45 min ON ZOOM
Wednesday 3/31		
9:30 am	BARRE ALLISON	55 min ON ZOOM
10:30 am	Yoga SAMANTHA	60 min ON ZOOM
11:30 am	Active Agers SANDY	55 min ON ZOOM
Thursday 4/1		
8:30 am	Solid Strength TINA	45 min ON ZOOM
9:30 pm	Chair Yoga PATRICIA	45 min ON ZOOM
Friday 4/2		
9:30 am	Aeromix SANDY	55 min ON ZOOM
10:30 am	Yin Yoga MADI	60 min ON ZOOM
Saturday 4/3		
10:00 am	Anusara Yoga CANCELLED Happy Easter	60 min ON ZOOM
Sunday 4/4		
2:00 pm	BARRE CANCELLED Happy Easter	60 min ON ZOOM

