

Fall 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
RDAPC		7:15am-G.E.T a Wake-up Call!		9:00am-Use it, Lose it	
	5:30pm - The Benefits of Bone Fitness	9:00am-Use it, Lose it		10:00am-Total Body Fit	1:00pm-Yoga 55
	6:30pm - The Benefits of Bone Fitness	10:00am-Music in Motion		11:00am - Chair Yoga	
		12:10pm-Let's G.E.T Physical			
Rockmosa		9:00am - Gentle Yoga	9:00am-HIT with Hilary	9:00am - Gentle Yoga	8:30am - BoneFit™
	10:00am Chair Yoga	10:10am - Yoga	10:00am-Total Body Fit	10:10am - Yoga	9:30am - Bands and Bells
Instructors	Hilary Balaban	Margaret Iutzi	Janette Wood		
	Rebecca Boyington	Nancy Revie			
RDAPC	Monday	Start Sept. 30	Finish Dec. 9th	*No classes Monday October 14th	
	Tuesday	Start Oct. 1	Finish Dec. 3rd		
	Wednesday	Start Sept. 25	Finish Nov. 27th		
	Thursday	Start Sept. 26	Finish Nov. 28th		
	Friday	Start Sept. 27	Finish Nov. 29th		
Rockmosa	Monday	Start Sept. 23	Finish Dec. 9th	*No classes Monday October 14th & 21	
	Tuesday	Start Sept. 24	Finish Nov. 26th		
	Wednesday	Start Sept. 25	Finish Nov. 27th		
	Thursday	Start Sept. 26	Finish Nov. 28th		
	Friday	Start Sept. 27	Finish Dec. 6th		*No classes Friday October 11th