ADULT CLASS SCHEDULE - OCTOBER 2026

MON	TUE	WED	THURS	FRI	SAT	SUN
HATHA YOGA **8:45-9:45AM** MARJA (CLASSROOM 2)	**STRETCH, FLEX & TONE** **10-10:50AM** ROSALIND (MP ROOM)	**HATHA YOGA** **8:45-9:45AM** MARJA (CLASSROOM 2)	**LABLAST SPLASH©** **10:15-11AM** JAIME (POOL) *(Begins 10/8)* ---------- **CHAIR YOGA** **10-10:50AM** ASSUNTA (GYMNASIUM)	**LABLAST SPLASH©** **10:15-11AM** JEANA (POOL) *(Begins 10/8)* ---------- **CHAIR YOGA** **10:30-11:30AM** ASSUNTA (GYMNASIUM)	**HATHA YOGA** **8:45-9:45AM** JEANNINE (CLASSROOM 2)	**LABLAST©** **8:30-9:30AM** MELISSA (MP ROOM)
CHAIR YOGA **10-11AM** MARJA (MP ROOM)	**STRETCH, FLEX & TONE** **11-11:50AM** ROSALIND (MP ROOM)	**LABLAST©** **10:00-11:00AM** MARJA (MP ROOM)	**ZUMBA©** **11:00-11:50AM** MICHELLE T. (MP ROOM)	**BALLROOM DANCE** **1-2PM** EUGENE (MP ROOM)	**METABOLIC CONDITIONING** **9-10AM** BRANDON (GYMNASIUM)	**AQUA ZUMBA©** **9-9:45AM** CARISSA (POOL)
MEDITATION **11:15AM-12:15PM** ASSUNTA (CLASSROOM 2)	**TAI CHI MIXED LEVEL** **12:15-1:15PM** ROSALIND (MP ROOM)	**SPIN** **6-6:50PM** NIKOLE (FITNESS CENTER)	**QIGONG** **1-2PM** STELLA (CLASSROOM 2)	**LABLAST©** **2-3PM** JAIME (MP ROOM)	**TAI CHI LEVEL 2** **9-10AM** ROSALIND (MP ROOM)	**P90X©** **9:45-10:45AM** MELISSA (MP ROOM)
SCULPT YOGA **5-6PM** NIKOLE (MP ROOM)	**HATHA YOGA** **5:15-6:15PM** MICHELLE F. (CLASSROOM 2)	**BUDDHA HAND KUNG FU** **6-7PM** JACK (FITNESS CENTER)	**CHAIR LABLAST©** **2-3PM** JAIME (MP ROOM)	**ZUMBA©** **6-6:50PM** STACY (MP ROOM)	**TAI CHI LEVEL 1** **10:05-10:55AM** ROSALIND (MP ROOM)	**PILATES** **10-10:45AM** CARISSA (MP ROOM)
SPIN **6-6:50PM** STACY (FITNESS CENTER)	**METABOLIC CONDITIONING** **6-7PM** BRANDON (GYMNASIUM)	**CARDIO COMBAT** **7:15-8PM** ISAAC (FITNESS CENTER)	**METABOLIC CONDITIONING** **6-7PM** BRANDON (GYMNASIUM)	**POUND© UNPLUGGED** **7-7:45PM** STACY (MP ROOM)	**SPIN** **10:05-10:55AM** TESHIA (FITNESS CENTER)	**SPIN** **11-11:50AM** TESHIA (FITNESS CENTER)
VINYASA YOGA **6:15-7:15PM** JEANNIE (CLASSROOM 2)	***ITALIAN LANGUAGE** **4PM - ADVANCED** **5:15PM- INTERMEDIATE** **6:15PM- BEGINNER** PROF. ZANCA (CLASSROOM 1)	**TOTAL BODY WORKOUT** **6:30-7:20PM** ROSEANN (MP ROOM)	**VINYASA YOGA** **6:15-7:15PM** JEANNIE (CLASSROOM 2)	**CARDIO BOXING** **7-8PM** JOEL (CLASSROOM 2)	**VINYASA YOGA** **11-12PM** JEANNIE (MP ROOM)	**HATHA YOGA** **11-12PM** MICHELLE F. (MP ROOM)
CARDIO COMBAT **7:15-8PM** ISAAC (FITNESS CENTER)	**DANCE & TONE** **6:30-7:30PM** ROSEANN (MP ROOM)	**DANCE & TONE** **7:30-8:30PM** ROSEANN (MP ROOM)	**SPIN** **6:30-7:15PM** NIKOLE (FITNESS CENTER)		**BALLROOM DANCE** **2-3PM** EUGENE (MP ROOM)	**CARDIO BOXING** **12:15-1:15PM** JOEL (MP ROOM)
POUND© **7:15-8PM** STACY (MP ROOM)	**BUDDHA HAND KUNG FU** **6:30-8PM** PETER (CLASSROOM 2)		**BUDDHA HAND KUNG FU** **7-8:30PM** JACK (FITNESS CENTER)			
	TOTAL BODY WORKOUT **7:40-8:30PM** ROSEANN (MP ROOM)		**SCULPT YOGA** **7:30-8:30PM** NIKOLE (MP ROOM)			
	***Registration Fee Required**					