

August



AMBERLY GROUP FITNESS CLUBS AND CLASSES				
Day	Time	Class Name	Room/Zoom code	Notes
Monday	9:00 AM	Cardio Combo Intervals w/Jenn	Gymnasium	
	10:30 AM	Yoga w/Stef	Club Room	
	11:45 AM	Power-Up (Parkinsons/limited mobility class) In-person or Zoom	940 5678 4376	PW: 19763
	6:00 PM	Line Dancing Group	Studio	
	6:30 PM	Zumba Party w/Gisela	Gymnasium	
Tuesday	8:30 AM	Barre with Briana	Studio	
	9:00 AM	Aqua Aerobics w/ Deisy	Lap Pool	
	9:30 AM	Yoga w/Terri	Studio	
	4:00-5:30 PM	Pickleball Club	Gymnasium	
	5:30 PM	Holistic Yoga w/ Preeti	Studio	
	6:00 PM	Strong Nation/Top It off w/ Deisy	Gymnasium	
	6:00 PM	Ballroom Dancing Club	Club Room	
Wednesday	8:00 AM	Yoga w/Stephen	265 486 548	PW: Amberly
	9:00 AM	Cardio Dance w/Jenn	Gymnasium	
	9:00 AM	Aqua Aerobics w/ Andrea	Lap Pool	
	6:00 PM	Barre, Core & Explore Mat Pilattes w/ Briana	Studio	
	6:45 PM	Zumba Party w/ Marissa (virtual)	896 8831 1064	PW: Dance
Thursday	9:00 AM	Cardio & Core w/Judy (virtual)	389 894 927	PW: JudyCardio
	9:00 AM	Aqua Aerobics w/ Jenn	Lap Pool	
	9:30 AM	Strong Arms and Abs with Deisy	Gymnasium	
	4:00 - 6:15 PM	Pickleball Club	Gymnasium	
	5:30 PM	Holistic Yoga w/Preeti	Studio	
	6:30 PM	Zumba Party w/ Marissa	Gymnasium	
Friday	8:00 AM	Yoga w/Stephen (virtual)	265 486 548	PW: Amberly
	9:00 AM	Pilates w/ Briana	Gymnasium	
Saturday	8:30 AM	Holistic Yoga w/Preeti	Studio	
	10:00 AM	Aqua Aerobics w/ Deisy	Lap Pool	
	10:00 AM	Zumba Toning w/ Marissa (virtual)	884 1353 3916	PW: Toning