

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MORNING/AFTERNOON CLASSES</b>					
<b>Classic Yoga</b> 9:00am-9:45am Instructor: Dee  Blended 108008	<b>Chair Stretch &amp; Yoga</b> 9:00am-10:00am Instructor: Terry  In-Person 108026	<b>Work it Wednesday</b> 6:30am-7:30am Instructor: Kiki  In-Person 108015  No Class: 3/27, 4/10, 5/22	<b>20/20/20</b> 9:00am-10:00am Instructor: Kiki  In-Person 108001	<b>20/20/20</b> 9:00am-10:00am Instructor: Kiki  In-Person 108001  No Class: 3/22, 4/12, 5/17	<b>Strength Training</b> 8:00am-9:00am Instructor: Monique  Blended 108005
<b>Dance Fitness</b> 10:15am-11:00am Instructor: Carolyn  Blended 108022	<b>20/20/20</b> 9:00am-10:00am Instructor: Kiki  In-Person 108001  No Class: 3/26	<b>Classic Yoga</b> 9:00am-9:45am Instructor: Dee  Blended 108008	<b>Strength Training</b> 9:00am-10:00am Instructor: Annalise  In-Person 108005	<b>Dance Fitness</b> 10:15am-11:00am Instructor: Carolyn  Blended 108022	<b>Pilates</b> 9:15am-10:15am Instructor: Monique  Blended 108006
<b>20/20/20</b> 9:00am-10:00am Instructor: Annalise  In-Person 108001	<b>Chaos with Kiki</b> 10:15am-10:45am Instructor: Kiki  In-Person 108004  No Class: 3/26, 4/9, 5/21	<b>Chaos with Kiki</b> 10:15am-10:45am Instructor: Kiki  In-Person 108004  No Class: 3/27, 4/10, 5/22	<b>Chaos with Kiki</b> 10:15am-10:45am Instructor: Kiki  In-Person 108004  No Class: 3/21, 5/16		
<b>EVENING CLASSES</b>					
<b>Body Sculpt &amp; Flex</b> 6:00pm-7:00pm Instructor: Janet  Blended 108002	<b>6 Pack Abs</b> 5:30pm-6:00pm Instructor: Janet  Blended 108000	<b>Pilates Fusion</b> 5:45pm-6:30pm Instructor: Janet  Blended 108012	<b>Agility &amp; Mobility</b> 5:00-5:45pm Instructor: Kiki  In-Person 108025  No Class: 3/21, 5/16		
<b>Zumba</b> 7:15pm-8:15pm Instructor: Lauren  Blended 108009	<b>Body Sculpt Fusion</b> 6:00pm-6:45pm Instructor: Janet  Blended 108003	<b>Stretch &amp; Flex</b> 6:30pm-7:15pm Instructor: Janet  Blended 108055	<b>Strength Training</b> 6:00-7:00pm Instructor: Annalise  In-Person 108005		
		<b>20/20/20</b> 6:00pm-7:00pm Instructor: Annalise  In-Person 108001			
		<b>Evening Yoga</b> 7:15-8:15pm Instructor: Terry  In-Person 108018  No Class: 3/21, 5/15 <i>Make-Up Classes held on 3/22 and 5/16</i>			

**Class Location**

Large Group Fitness Room (Rm #147)
Small Group Fitness/Dance Room (Rm #145)
Small Group Fitness/Spin Room (Rm #143)
Fitness Center

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**CLASS OFFERINGS ARE SUBJECT TO CHANGE. PLEASE CONTACT THE ARC CENTER FOR FURTHER INFORMATION.**