



Group Exercise Schedule Westerly-Pawcatuck Branch March 1st - April 30th

95 High Street
Westerly, RI 02891
4015962894

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Spin Spin Room Dana H 5:30am - 6:15am	Spin Spin Room Ann . 5:30am - 6:15am		Spin Spin Room Dana H 5:30am - 6:15am			
6am	Boot Camp Studio B James H 6:30am - 7:15am	TRX Studio B Kathleen H 6:30am - 7:15am	Strength Training Studio B Sandy W 6:30am - 7:15am	TRX Studio B Kathleen H 6:30am - 7:15am			
7am	Stretch and Go Gymnasium Gerry M 7am - 7:45am		Stretch and Go Gymnasium Gerry M 7am - 7:45am		Stretch and Go Gymnasium Gerry M 7am - 7:45am	Yoga Studio A Debbie M 7:45am - 8:45am	
8am	Silver Sneakers 2 Gymnasium Gerry M 8am - 8:45am	Cardio Dance & Tone Gymnasium Gerry M 8am - 8:45am	Silver Sneakers 2 Gymnasium Gerry M 8am - 8:45am	Zumba Studio B Donna . 8am - 8:45am	Silver Sneakers 2 Gymnasium Gerry M 8am - 8:45am	Boot Camp Studio B Tara P 8:15am - 9am	Spin Spin Room Dana H 8:30am - 9:15am
	Spin Spin Room Trish L 8:15am - 9am	Essentrics Studio A Heather . 8:15am - 9am	Spin Spin Room Trish L 8:15am - 9am	Spin Spin Room Polly C 8:15am - 9am	Yoga Studio A Trish L 8:15am - 9am	Spin Spin Room Kathleen H 8:15am - 9am	
	Tai Chi Studio B Onassis P 8:15am - 9am		Barre & Balance Studio A Janine P 8:15am - 9am				
			Tai Chi Studio B Onassis P 8:15am - 9am				
9am	Strength Training Gymnasium Sandra W 9am - 9:45am	Spin Spin Room Diane M 9:15am - 10am	Body Sculpt Gymnasium Polly C 9:15am - 10am	Yoga Studio A Debbie M 9:15am - 10:15am	Zumba Studio B Julie A 9am - 9:45am	Barre Studio A Stacey O 9am - 9:45am	Zumba Studio B Julie A 9am - 10am
	Restorative Flow Studio A Annie C 9:15am - 10:15am	Pilates Gymnasium Polly C 9:15am - 10am	Vinyasa Yoga Studio A Mary H 9:15am - 10:15am	Boot Camp Gymnasium Trish L 9:15am - 10am	Spin Spin Room Trish L 9:15am - 10am	Zumba Studio B Gerry M 9:30am - 10:15am	
	Butts and Guts Studio B Trish L 9:15am - 10am			Spin Spin Room Chris W 9:15am - 10am	Body Sculpt Gymnasium Polly C 9:15am - 10am		
10am	Enhanced Fitness Gymnasium Janine P 10:15am - 11am	AM Stretch & Tone Studio B Melinda C 10:15am - 11am	Pedaling 4 Parkinsons Spin Room Polly C 10:15am - 11am	AM Stretch & Tone Studio B Janine P 10:15am - 11am	Silver Sneakers 1 Gymnasium Janine P 10:15am - 11am		Yoga Studio A James H 10am - 11am
	Punch Back @ Parkinsons Studio B Polly C 10:15am - 11am	Silver Sneakers 1 Gymnasium Donna . 10:15am - 11am	Chair Yoga Gymnasium Janine P 10:15am - 11am	Silver Sneakers 1 Gymnasium Yvonne B 10:30am - 11:15am	Punch Back @ Parkinsons Studio B Polly C 10:15am - 11am		

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



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	MON	TUE	WED	THU	FRI	SAT	SUN
11am		Moving for Better Balance Studio A Sandra W 11:15am - 12pm		Moving for Better Balance Studio A Sandra W 11:15am - 12pm	Chair Yoga Gymnasium Janine P 11:15am - 12pm		Family Yoga Studio A James H 11:15am - 12pm
12pm		Walking Group Gymnasium Janine P 12pm - 12:45pm		Zumba Gold Studio B Yvonne B 12pm - 12:45pm			
				Walking Group Gymnasium Janine P 12pm - 12:45pm			
4pm	Beginner Spin/Teens Welcome Spin Room Kathleen H 4:15pm - 5pm		Beginner Spin/Teens Welcome Spin Room Kathleen H 4:15pm - 5pm	Barre Studio A Janine P 4:30pm - 5:15pm			
	Body Sculpt Studio B Sandy W 4:30pm - 5:15pm		Maui Tai Strength Studio B Sandy W 4:30pm - 5:15pm				
			Barre Studio A Sarah S 4:30pm - 5:15pm				
5pm	Spin Spin Room Kathleen H 5:15pm - 6pm	Interval Training Studio B Donna . 5:30pm - 6:15pm	Spin Spin Room Kathleen H 5:15pm - 6pm	Pilates Studio A Stacey O 5:30pm - 6:15pm	Family Taekwondo Studio B Andrew . 5:30pm - 6:15pm		
	TRX Circuit Studio B Sandy W 5:30pm - 6:15pm		Essentrics Studio A Heather . 5:30pm - 6:30pm				
6pm	Zumba Studio B Jill B 6:15pm - 7pm	Zumba Studio B Julie A 6:30pm - 7:15pm		Zumba & Strength Studio B Kelly D 6:30pm - 7:30pm			

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