

## Labor Day Group Exercise Schedule 2025

Time	Class	Instructor	Location
8:15 – 9:10 am	Strength & Movement	Shar	Group Exercise Studio
9:00 – 9:55 am	Aqua Fitness	Carole	Outdoor Pool
9:00 – 10:10 am	Yoga Interval Training	Supriya	Yoga Studio
9:30 – 10:00 am	Core Conditioning	Wendy	Group Exercise Studio
10:15 – 11:30 am	Team-Taught Dance Party	Wendy, Sandra, Yuko	Group Exercise Studio
10:30 – 11:40 am	Hatha Yoga	Rada	Yoga Studio

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