

FALL 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
RDAPC		9:00am-Use it, Lose it 10:00am-Total Body Fit (Introductory Seated)		9:00am-Use it, Lose it 10:00am-Chair Yoga	
		9:00am - Gentle Yoga	9:00am-Use it, Lose it	9:00am - Gentle Yoga	8:30am - BoneFit
Rockmosa	10:00am Chair Yoga	10:10am - Yoga	10:00am-Total Body Fit (Introductory Seated)	10:10am - Yoga	9:30am - Bands and Bells
Instructors	Hilary Balaban	Margaret Iutzi			
	Rebecca Boyington				
RDAPC	Tuesday Classes	Start Sept. 25	Finish Nov. 27		
	Thursday Classes	Start Sept. 27	Finish Nov. 29		
Rockmosa	Monday Classes	Start Sept. 24	Finish Dec. 3	*No classes Monday October 8	
	Tuesday Classes	Start Sept. 25	Finish Nov. 27		
	Wednesday Classes	Start Sept. 26	Finish Nov. 28		
	Thursday Classes	Start Sept. 27	Finish Nov. 29		
	Friday Classes	Start Sept. 28	Finish Nov. 30		