

Winter 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
RDAPC	2:30pm - Yoga 55	9:00am-Use it, Lose it		9:00am-Use it, Lose it	
	6:30pm - The Benefits of Bone Fitness	10:00am-Total Body Fit (Introductory Seated)		10:00am-Chair Yoga	
	7:30pm - The Benefits of Bone Fitness				
Rockmosa		9:00am - Gentle Yoga	9:00am-Use it, Lose it	9:00am - Gentle Yoga	8:30am - BoneFit™
	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	Nancy Revie			
RDAPC	Monday Classes	Start Jan. 7/14	Finish Mar. 25	*No classes Monday February 18	
	Tuesday Classes	Start Jan. 15	Finish Mar. 26	*No classes Tuesday March 13	
	Thursday Classes	Start Jan. 17	Finish Mar. 28	*No classes Thursday March 15	
Rockmosa	Monday Classes	Start Jan. 7	Finish Mar. 18	*No classes Monday February 18	
	Tuesday Classes	Start Jan. 8	Finish Mar. 12		
	Wednesday Classes	Start Jan. 9	Finish Mar. 13		
	Thursday Classes	Start Jan. 10	Finish Mar. 14		
	Friday Classes	Start Jan. 11	Finish Mar. 15		