

FALL 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
RDAPC		9:00am-Use it, Lose it		9:00am-Use it, Lose it	
		10:00am-Music 'n Motion		10:00am-Chair Yoga	
		6:00pm - DDP Yoga*		6:00pm - DDP Yoga**	
		7:30pm- DDP Yoga Level 1*		7:30pm- DDP Yoga**	
Rockmosa	10:00am Chair Yoga	9:00am - Gentle Yoga		9:00am - Gentle Yoga	8:30am - Earn the Burn Circuit Training
		10:10am - Yoga		10:10am - Yoga	9:30am - Band Together
Instructors	Nancy Revie	Margaret Iutzi			
	Rebecca Boyington	Marcel Dore			
RDAPC	Tuesday Classes	Start Sept 26	Finish Dec 5		
	Thursday Classes	Start Sept 28	Finish Dec 7		
Rockmosa	Monday Classes	Starts Sept 25	Finish Dec 11	*No classes Monday October 9	
	Tuesday Classes	Start Sept 26	Finish Dec 5		
	Wednesday Classes	Start Sept 27	Finish Dec 6		
	Thursday Classes	Start Sept 28	Finish Dec 7		
	Friday Classes	Start Sept 29	Finish Dec 8		

* Tuesday DDP Yoga Starts October 3 and Finishes December 5

** Thursday DDP Yoga Starts October 5 and Finishes December 7