



**PINES COMMUNITY
WELLNESS CENTER**



CLASS SCHEDULE

SPRING/SUMMER SESSION: APR 28 - JUNE 21 (8 WEEKS)
STRONG BODIES PROGRAM: APR 14 - JUNE 4 (8 WEEKS)

Monday

Strong Bodies
8:30-9:30 AM

Beginner Yoga
9:45-11:00 AM
June 2, 9 & 16

Yoga
5:30-6:30 PM

Tuesday

Circuit Breaker
5:30-6:30 AM

HIIT/X-FIT
6:00-7:00 AM

Total Body Xtreme
7:00-8:00 AM

Total Body Xtreme
8:30-9:30 AM

Total Body Senior
9:45-10:45 AM

Wednesday

Not Quite Pilates
8:00-9:00 AM
June 4, 11 & 18

Strong Bodies
8:30-9:30 AM

Yin Yang Yin Yoga
9:15-10:15 AM
June 4, 11, 18

**Yoga for Lifelong
Vitality**

12:15-1:15 PM

Rhythm Weights
5:00-6:00 PM

Thursday

HIIT/X-FIT
6:00-7:00 AM
Total Body Xtreme
7:00-8:00 AM
Total Body Xtreme
8:30-9:30 AM

Yoga Strength
9:15-10:15 AM
May 8-June 19
Total Body Senior
9:45-10:45 AM
Outdoor Adventure

**Last Thursday
of month**
5:30-6:30 PM

Friday

Total Body Senior
8:00 - 9:00 AM

Not Quite Yoga
9:15 - 10:15 AM

Saturday

Powerbeats
8:00-8:45 AM

Chair Yoga
9:00-10:00 AM