

# TRY SOMETHING NEW



## Mini Session Class Schedule: June 13-June 19

Mini session classes are **FREE** for members! No registration is required and all attendance is on a first-come, first-served basis. Please show up on time or early if you are concerned about space.

### Monday, June 13

Conditioning for Life - 7:30-8:15 a.m., Studio B (Dan)

Core Essentials - 9-9:30 a.m., Studio B (Sarah B.)

Power Lunch - 12:15-1:00 p.m., Studio B (Janet)

Theme Cycle - 12:30-1:30 p.m., Studio D (Gianna)

Outdoor Cycling - 5:00-6:00 p.m., Y Parking Lot (Judy)

Cardio Karate - 5:30-6:30 p.m., Studio B (Morris)

Judo Introduction - 5:30-6:30 p.m., Studio E (Paul)

Adult Karate - 6:50-7:55 p.m., Studio B (Morris)

### Tuesday, June 14

Outdoor Cycling - 5:30-6:30 p.m., Y Parking Lot (Liz)

Zumba - 6:45-7:45 p.m., Y Parking Lot (Jing)

### Wednesday, June 15

Conditioning for Life - 7:30-8:15 a.m., Studio B (Dan)

Walking Group - 10:15-11:15 a.m., Y Parking Lot (Amy K.)

Moving for Better Balance - 11:45-12:45 p.m., Studio B (Ken)

Outdoor Cycling - 5:00-6:00 p.m., Y Parking Lot (Judy)

Cardio Karate - 5:30-6:30 p.m., Studio B (Morris)

Adult Karate - 6:50-7:55 p.m., Studio B (Morris)

### Thursday, June 16

Core Essentials - 9-9:30 a.m., Studio B (Sarah B.)

Express Cycling - 12:15-1:00 p.m., Studio D (Janet)

Chair Yoga - 4:00-5:00 p.m., Studio A (Elisabeth)

Cycling - 5:15-6:15 p.m., Y Parking Lot (Liz)

Yoga for Athletes - 5:30-6:30 p.m., Studio A (Robin)

Tai Chi Long Form - 6:30-7:30 p.m., Y Parking Lot (Stuart)

### Friday, June 17

Conditioning for Life - 7:30-8:15 a.m., Studio B (Dan)

Cardio Karate - 5:30-6:30 p.m., Studio B (Morris)

Club Karate - 6:30-7:30 p.m., Studio B (Morris)

### Saturday, June 18

Studio Cycling - 8:00-9:00 a.m., Studio D (Nina)

Tai Chi Long Form Beginning - 12:00-1:00 p.m., Studio C (Stuart)

Tai Chi Long Form Continuing - 1:00-2:00 p.m., Y Parking Lot (Stuart)

### Sunday, June 19

Fencing Open House - 11:00-1:00 p.m., Studio B (David)