



The Wellness Center at Bayside

“Add Years to Your Life and Add Life to Your Years”

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------|--|---|--|---|---|--|
| 8:00am | | Cardio <i>Janice</i> | | Cardio <i>Janice</i> | | |
| 8:30am | Ultimate Body Blast <i>Janice</i> | | Ultimate Body Blast <i>Janice</i> | | | |
| 9:00 am | | Yoga <i>JoAnn</i> | |  Mary |  Mary | 2 nd & 4 th Saturday  Mary |
| 9:30am | | | Pilates <i>Janice</i> | | | |
| 10:15 am | Senior Yoga Stretch <i>Janice</i> | Senior Strength <i>Janice</i> | Senior Yoga Stretch <i>Janice</i> | Senior Strength <i>Janice</i> | Senior Cardio <i>Janice</i> | |
| 4:30 pm |  Angie | |  Angie | | | |
| 5:00pm | | | |  Yolanda | | |
| 5:30 pm | Ultimate Body Blast <i>Janice</i> <hr/> <i>Water Fit</i> <i>Cindy</i> |  Yolanda <hr/> <i>Water Fit</i> <i>Tami</i> | Ultimate Body Blast <i>Janice</i> <hr/> <i>Water Fit</i> <i>Cindy</i> | <i>Water Fit</i> <i>Tami</i> | | |
| 6:30pm | | Spin/ Boot Camp <i>Kanisha</i> | Pilates <i>Janice</i> | Spin/Boot Camp <i>Kanisha</i> | | |

October 27, 2015