



## GROUPX SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>6:45am and 6:45pm Boot Camp Classes, Plus Saturday HIIT Classes with Kristen Miedreich. Contact Kristen for more info &amp; to sign-up <a href="mailto:krismied2@aol.com">krismied2@aol.com</a> 845-507-2400</b>					
9:30AM-10:30AM <b>SERENITY YOGA</b> <b>VIRTUAL</b> <b>LOUISE</b> MONTHLY OR PAID IN FULL MEMBERS ONLY					
<b>11:30am classes: Yoga Flow &amp; Functional Fitness            10:30am Piatas fusion.            Contact Rose Freeman for more info and to sign up</b>					
	5:30PM-6:30PM <b>SERENITY YOGA</b> <b>LOUISE</b> INCLUDED IN MEMBERSHIP OR \$10 NON-MEMBER FEE	5:30PM-6:30PM <b>PILATES FUSION</b> <b>BEVERLY</b> INCLUDED IN MEMBERSHIP OR \$10 NON-MEMBER FEE	5:30PM - 6:30PM <b>TOTAL BODY</b> <b>MARYGRACE</b> INCLUDED IN MEMBERSHIP OR \$10 NON-MEMBER FEE	5:30PM-6:30PM <b>SERENITY YOGA</b> <b>LOUISE</b> INCLUDED IN MEMBERSHIP OR \$10 NON-MEMBER FEE	5:30PM-6:30PM <b>INTENSE TONE</b> <b>MARYGRACE</b> INCLUDED IN MEMBERSHIP OR \$10 NON-MEMBER FEE

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