



320 Depot Lane, Cutchogue, New York 631-734-4042

Nutritional Coaching: NutritionalRebalancing.com

SS = Silver Sneakers Class

U: NOFO P: gratitude

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		BOOK YOUR SPRING TRAINING SESSIONS.. 5 SESSIONS FOR \$295	PLEASE CHECK CALENDAR FOR NEW CLASSES AND VACATIONS SUBS FOR SOME CLASSES	REFER A FRIEND AND THEY JOIN.... GET A NOFO WELLNESS CENTER LONG SLEEVE TEE!!	1 7:00am Stretch 9:00am Pilates **9:15am BOOTY BARRE 10:30am Slow Flow YOGA	2 7:30am Ashtanga Yoga 8:30am 3.5 Mile Walk 15 9:00am Yoga - Slow Flow 10am ZUMBA® Toning
3	4	5	6	7	8	9
8:00am Restorative Stretch 9:00am Pilates	7:00am Cardio Sculpt 9:00am Pilates 10:30am Yoga - Slow Flow 2:15pm Stretch & Strengthen SS 6:30pm ZUMBA®	7:00am Ashtanga Yoga 7:30am Guts & Butts 9:00am 3.5 Mile Walk 15 10:00am Stretch/YOGA 11:00am Chair Yoga NO EVENING CLASSES	7:00am Bit of Everything 8:00 Stretch 9:00am Pilates 10:30am Stretch & Strength 2:15pm Cardio Strength SS 6:00pm Hatha Yoga 6:30pm ZUMBA®	7:00am Ashtanga Yoga 7:30am Bit of Everything 9:00am 3.5 Mile Walk 15 11:00am Free Style 50's SS NO EVENING CLASSES	7:00am Stretch 9:00am Pilates **9:15am BOOTY BARRE 10:30am Yoga - Slow Flow	7:30am Ashtanga Yoga 8:30am 3.5 Mile Walk 15 9:00am Yoga - Slow Flow 10am ZUMBA® Toning
10	11	12	13	14	15	16
8:00am Restorative Stretch 9:00am Pilates	7:00am Cardio Sculpt 9:00am Pilates 10:30am Yoga - Slow Flow 2:15pm Stretch & Strengthen SS 6:30pm ZUMBA®	7:00am Ashtanga Yoga 7:30am Guts & Butts 9:00am 3.5 Mile Walk 15 10:00am Stretch/YOGA 11:00am Chair Yoga NO EVENING CLASSES	7:00am Bit of Everything 8:00 Stretch 9:00am Pilates 10:30am Stretch & Strength 2:15pm Cardio Strength SS 6:00pm Hatha Yoga 6:30pm ZUMBA®	7:00am Ashtanga Yoga 7:30am Bit of Everything 9:00am 3.5 Mile Walk 15 11:00am Free Style 50's SS NO EVENING CLASSES	7:00am Stretch 9:00am Pilates **9:15AM BOOTY BARRE 10:30am Yoga - Slow Flow	7:30am Ashtanga Yoga 8:30am NO WALK 15 9:00am Yoga - Slow Flow 10am ZUMBA Toning
17	18	19	20	21	22	23
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24/31	25	26	27	28	29	30
3/24 - NO CLASSES 3/31 - 8AM STRETCH 9AM PILATES	7:00am Cardio Sculpt 9:00am Pilates 10:30am Yoga - Slow Flow 2:15pm Stretch & Strengthen SS 6:30pm ZUMBA®	7:00am Ashtanga Yoga 7:30am CLASS T/B/D 9:00am 3.5 Mile Walk 15 10:00am Stretch/YOGA 11:00am Chair Yoga NO EVENING CLASSES	7:00am CLASS T/B/D 8:00 NO CLASS TODAY 9:00am Pilates 10:30am Stretch & Strength 2:15pm Cardio Strength SS 6:00pm Hatha Yoga 6:30pm ZUMBA®	7:00am Ashtanga Yoga 7:30am Bit of Everything 9:00am 3.5 Mile Walk 15 1 11:00am Free Style 50's SS NO EVENING CLASSES	7:00am NO STRETCH 9:00am Pilates **9:15AM BOOTY BARRE 10:30am Yoga - Slow Flow	7:30am Ashtanga Yoga 8:30am 3.5 Mile Walk 15 9:00am Yoga - Slow Flow 10am ZUMBA® Toning