

Day	Time	Class	Instructor	Class size	Virtual Option	Webb's OR Yoga Rm Class If Yoga Rm: \$5 Webb members or Unl'd Yoga Rm or Yoga Rm 10 pass. Webb's is \$2.99/class OR included in Gold & Platinum
SUNDAY						
	8:30	Therapeutic Yoga	Sharon Housley	16	Yes	Yoga Room only \$5 Webb members
	8:45	Wateraerobics	Tasha Collins	----	---	Webb's
MONDAY						
	7:00	Cardio Express 25 min	Mary Tiedtke <small>Sign up for back-to-back</small>	12	----	Webb's
	7:30	Muscleworks 45 min	Mary Tiedtke <small>Sign up for back-to-back</small>	16	Yes	Webb's
	9:00	Muscleworks 1 hr	Laurie Barron starts 9/20	16	Yes	Webb's
	9:15	Wateraerobics	Tasha Collins	----	----	Webb's
<small>Do back to back! Only \$1 more to do Yoga AND Muscle class!</small>	4:30	Muscleworks 45 min	Heather (Webb) Quintal <small>Sign up for back-to-back w/ Yoga</small>	16	Yes	Webb's
Outdoors	5:15	Yoga Express 45+ min	Heather (Webb) Quintal	16	Yes	Webb's
TUESDAY						
	7:30	Yoga	Amy Webb	16	Yes	Yoga Room only \$5 Webb members
NEW!!	8:45	Spin in new space	Lisa Tierney	12	--	Webb's
	10:00	Therapeutic Yoga	Kathleen Picardi	16	Yes	Yoga Room only \$5 Webb members
	4:30	Yoga	Sara Pearson	16	Yes	Webb's
	5:30	Wateraerobics	Sandy MacDonald	----	----	Webb's
	5:30	Spin in new space	Amy Prostran	12	--	Webb's
NEW!!	5:30	Zumba \$10 drop-ins	Jen Sheehan	12	Yes	Webb's
WEDNESDAY						
	7:00	Yoga 75 min New time!	Laurie Barron	16	Yes	Webb's
NEW!!	8:45	Interval Cardio/Muscle	Mary Tiedtke	16	---	Webb's
	9:15	Wateraerobics	Roe Blanchard	----	----	Webb's
	5:15	Muscleworks 50 Min	Diane Hamilton	16	Yes	Webb's
THURSDAY						
	7:30	Yoga 45 min express	Heather (Webb) Quintal	16	Yes	Yoga Room only \$5 Webb members
	8:45	Waterbelt/aerobics	Roe Blanchard	----	----	Webb's
	9:00	Qi Gong & Gentle Yoga (50-55 min)	Amy Webb	16	Yes	Yoga Room only \$5 Webb members
	5:30	Spin	Lisa Tierney	12		Webb's
FRIDAY						
NEW!!	7:00	Cardo Express Indoors 25 mins All Levels	Mary Tiedtke <small>sign up for back-to-back w/ Muscle</small>	17	Yes	Webb's
	7:30	Muscleworks	Mary Tiedtke	16	Yes	Webb's
	9:00	H.I.I.T Body Training	Laurie Barron 75 mins	16		Webb's
	9:15	Wateraerobics	Instructor Medley	----	----	Webb's
SATURDAY						
NEW TIME!!	7:30	Spin <small>outside or in Yoga Room</small>	Lisa Tierney	12	--	Webb's
NEW TIME!!	8:00	Zumba Inside \$10 drop-ins	Jen Sheehan <small>Do back2back w/ 8:15 yoga! Only \$1 to tack on</small>	16	Yes	Webb's
NEW TIME!!	8:30	P90X – 25 mins All levels & All ages - outside or in Yoga Room	Paul Keough <small>Do back2back w/ 9am yoga! Only \$1 to tack on</small>	16	Yes	Webb's
	8:45	Wateraerobics	Sandy MacDonald	---	---	Webb's
	9:00	Yoga	Katherine Rossmoore	16	Yes	Webb's
	10:15	Yoga	Katherine Rossmoore	16	Yes	Webb's