



91st & 3rd

group exercise
 holiday schedule
 easter 2010

friday 4.02	saturday 4.03	sunday 4.04
group exercise studio		
8:30am low impact 9:30am total body conditioning 10:30am vinyasa yoga 12:15pm Silver Sneakers (msrom) 1:15pm Silver Sneakers (yogastretch)	9:00am step 10:00am club strength 11:00am pilates-based mat 12:15pm kickboxing (non-contact)	9:00am pilates-based mat 10:00am total body conditioning
studio 2		
	11:30am vinyasa yoga (90 min)	
cycling studio		
6:15am 9:30am	9:30am 10:30am	9:00am 10:00am
pool		