



morris park

group exercise
holiday schedule
easter 2010

friday 4.02	saturday 4.03	sunday 4.04
group exercise studio		
10:30am abs (30min) 1:00pm <i>silver sneakers</i> 6:00pm total body conditioning 7:00pm boxing	9:00am vinyasa yoga	all classes cancelled
spinning studio		
9:30am 6:30pm	8:15am 9:15am 10:15am	all classes cancelled