Specialized Fitness Schedule Briggs Wellness Center

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30am						Multilevel Yoga Elizabeth-Rm 1	*Current Schedule as of 11/1/14*
9:00am	GROUP CENTERGY Susan-Rm 3		Mat Pilates Liz - Rm 3		Mat Pilates Liz - Rm 3		
9:45am	PACE Susan B-Rm 1 (1.25hr)		PACE Susan B-Rm 1 (1.25hr)		PACE Susan B-Rm 1 (1.25hr)		
10:00am		Healthy Back Jill- Rm 1 (0.5 hr)		Healthy Back Jill- Rm 1 (0.5 hr)			Multilevel Yoga Instructor Varies Rm 3
11:00am	Osteo Susan B-Rm 3	TAI CHI Liz- Rm 3 (.75 hr)	Osteo Susan B-Rm 3	TAI CHI Liz- Rm 3 (.75 hr)	Osteo Susan B-Rm 3	11:10am Multilevel Yoga Instructor Varies Rm 3	
11:20am	Beginning Yoga Caryn-Rm 1				Beginning Yoga Caryn-Rm 1		
11:30am		Chair Yoga & Balance Elizabeth-Rm 1		Chair Yoga & Balance Elizabeth-Rm 1			
12:00pm			Beginning Yoga Evelyn- Rm 1				
12:45pm		Mat Pilates 12:45pm (0.5hr) Liz- Rm 1					
1:00pm	Multilevel Yoga Elizabeth-Rm 3		Multilevel Yoga Elizabeth-Rm 3				
2:15pm	2:15pm Reserved (MS Yoga 1.25hr) Elizabeth-Rm 1					For more information regarding Group Fitness, please contact Melissa D'Itri at 624-2775 or Melissa.D'itri@nchmd.org Visit us at: www.nchmd.org/wellness	
3:30pm		Post-Stroke Therapeutic Exercise Susan B-Rm 1		Post-Stroke Therapeutic Exercise Susan B-Rm 1			
6:30pm			Multilevel Yoga Lauren-Rm 1	Multilevel Yoga Melanie-Rm 1			