

SAMPLE CALENDAR

LIVE IN-PERSON AND HOME FITNESS CLASSES



MIRABELLA.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9:00 AM <i>Wake the Body Up</i> 30min (Sherry) In-person & Zoom</p>	<p>9:15 AM <i>Cardio Combo</i> 45min (Ally)</p>	<p>9:00 AM <i>Wake the Body Up</i> 30min (Sherry) In-person & Zoom</p>	<p>9:15 AM <i>Cardio Combo</i> 45min (Ally)</p>	<p>9:00 AM <i>Wake the Body Up</i> 30min (Sherry) In-person & Zoom</p>	<p>3:00 PM <i>24 Yang Style Tai Chi</i> 60min (Regina)</p>
<p>10:00 AM <i>Stretch and Strength</i> 45min (Nathaniel)</p>	<p>10:15 AM <i>Aqua Aerobics</i> 45min (Ally)</p>	<p>12:00 PM <i>Better Bones & Balance</i> 50min (Sherry) (sign up only)</p>	<p>10:15 AM <i>Aqua Aerobics</i> 45min (Ally)</p>	<p>10:00 AM <i>Stretch and Strength</i> 45min (Nathaniel)</p>	
<p>11:00 AM <i>Aqua Ai Chi</i> 45min (Nathaniel)</p>	<p>12:00 PM <i>Circuit Fitness</i> 45min (Sherry)</p>	<p>1:00 PM <i>Hatha Yoga</i> 45min (Sherry)</p>	<p>11:30 AM <i>Expressive Movement</i> 45min (Nick)</p>	<p>11:00 AM <i>Aqua Aerobics</i> 45min (Nathaniel)</p>	
<p>11:00 AM <i>YouTube fitness</i> Instructor varies</p>	<p>2:00 PM <i>Pre-Better Bones & Balance</i> 50min (Sherry) (sign up only)</p>	<p>2:00 PM <i>Gym /Wellness Orientation</i> 30min (Sherry) Info only, no exercise</p>	<p>1:00 PM <i>Intro to Mat Pilates</i> 45min (Sherry)</p>	<p>12:00 PM <i>Better Bones & Balance</i> 50min (Sherry) (sign up only)</p>	
<p>12:00 PM <i>Better Bones & Balance</i> 50min (Sherry) (sign up only)</p>	<p>3:00 PM <i>24 Yang Style Tai Chi</i> 60min (Regina)</p>		<p>2:00 PM <i>Pre-Better Bones & Balance</i> 50min (Sherry) (sign up only)</p>	<p>1:00 PM <i>CardioFit</i> 50min (Sherry)</p>	
<p>3:00 PM <i>Tai Chi/Qi Gong</i> 30min seated, 30min standing (Regina)</p>	<p>4:00 PM <i>Barre</i> 45min (Ally)</p>		<p>4:00 PM <i>Tap</i> 45min (Ally)</p>	<p>3:00 PM <i>Tai Chi/Qi Gong</i> 30min seated, 30min standing (Regina)</p>	

CLASS INTENSITY GUIDE

All classes can be modified for a variety of fitness levels

- Gentle
- Moderate
- Active

- Please check Miranet for updated information on class changes and cancellations.
- Classes can be modified for a variety of fitness levels, but please check with the instructor before class if you have specific concerns about whether or not the class is right for you.