

## Monday

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9:00 – 10:00 AOA Aerobics  
Group Exercise Studio..... Uniqua

10:00 - 10:30 AOA Stretching  
Group Exercise Studio..... Uniqua

10:30 - 11:30 M.E.L.T.  
Group Exercise Studio..... Edya

10:30 – 12:00 Vinyasa Yoga  
Mind/Body Studio..... Jason

12:00 – 1:00 Intro to Mat Pilates  
Mind/Body Studio..... Paolina

1:15 - 2:15 Feldenkrais Method  
Mind/Body Studio..... Donna

## Thursday

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9:30 - 10:30 AOA Aerobics  
Group Exercise Studio..... Alexandra

10:30 – 11:30 AOA Sit & Sculpt  
Mind /Body Studio Alexandra

11:30 - 12:00 AOA Stretching  
Mind/Body Studio..... Alexandra

## Tuesday

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9:30 - 10:30 AOA Aerobics  
Mind/Body Studio ..... Martha

10:30 – 11:15 AOA Sit & Sculpt  
Mind/Body Studio ..... Alexandra

11:15 – 12:00 AOA Stretching  
Mind/Body Studio..... Alexandra

## Friday

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7:15 - 8:30 Vinyasa Yoga  
Mind/Body Studio..... Kathi

9:00 – 10:00 AOA Aerobics  
Group Exercise Studio..... Larissa

10:00 - 10:15 AOA Stretching  
Group Exercise Studio..... Larissa

10:30 - 11:30 M.E.L.T.  
Group Exercise Studio..... Kelly

11:30 – 12:00 M.E.L.T Hand & Foot  
Group Ex. Studio..... Kelly

## Wednesday

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9:00 - 9:30 AOA Body Conditioning  
Group Exercise Studio..... Larissa

9:30 - 10:30 AOA Aerobics  
Group Exercise Studio..... Larissa

10:30 – 10:45 AOA Stretching  
Group Exercise Studio..... Larissa

11:00-12:00 Feldenkrais Method  
Mind/Body Studio..... Donna

12:30 – 1:00 Mat Pilates  
Group Exercise Studio..... Mike

## Saturday

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9:00 - 10:30 Intro to Tai Chi Chuan  
Mind/Body Studio..... Tom

12:15 - 1:15 Mat Pilates  
Group Ex Studio..... Julie

12:15 - 1:15 M.E.L.T.  
Mind/Body Studio..... Jon

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