

Fall 2010 (September 7 – December 17)

Mondays			
Class	Instructor	Time	Place
Pilates	Erica	5:15p – 6:15p	Ruby Conference Room 7/8
Power Pump	Linda	5:15p – 6:15p	Chestnut Ridge Gym
Tuesdays			
Yoga After Work	Erin	5:15p – 6:15p	Ruby Conference Room 7/8
Zumba	Sheryl	5:15p – 6:15p	Chestnut Ridge Gym
Wednesdays			
Yoga At Lunch	Heidi	12:00p – 1:00p	Chestnut Ridge Gym
Pilates	Erica	5:15p – 6:15p	Ruby Conference Room 7/8
Power Pump	Linda	5:15p – 6:15p	Chestnut Ridge Gym
Thursdays			
Yoga After Work	Erin	5:15p – 6:15p	Ruby Conference Room 7/8
Zumba	Sheryl	5:15p – 6:15p	Chestnut Ridge Gym