

Mayfair Sep-Oct Fitness Sessions

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CLASS FULL Sassy Ones C 9:00-9:50a	CLASS FULL Toned and Strong W 9:00-10:00a	CLASS FULL Sassy Ones C 9:00-9:50a	CLASS FULL Toned and Strong W 9:00-10:00a	CLASS FULL Sassy Ones C 9:00-9:50a	NEW! Pilates C 8:00a-9:00a
Sassy Ones C 10:10-11:00a	CLASS FULL NEW! Toned and Strong W 10:15am-11:15a	Sassy Ones C 10:10-11:00a	Yoga W 10:15-11:15am	CLASS FULL NEW! Toned and Strong W 9:00-9:50a	CLASS FULL Tabata W 8:15-9:15a
Step Works W 6:30-7:30p	NEW! Stretch and Activate 5:00-5:30pm	CLASS FULL Tabata W 6:30-7:30p	 WESTCHESTER PARK DISTRICT	Sassy Ones C 10:10-11:00a	NEW! Total Body Challenge W 9:20-10:20a
CLASS FULL Toned and Strong C 6:30-7:30p	Yoga W 5:45-6:45p	NEW! 20/20/20 C 6:15-7:15		Toned and Strong W 6:00-7:00p	<i>Full classes will not take drop-ins with government recommendations. Additional sections of classes have been added. More classes may fill up.</i>

Open Classes

Registration is open so more will fill

20/20/20 **NEW!**

Code	Day	Date	Time	Fee
248212-01	W	9/16-10/28	6:15-7:15p	\$44

Pilates **NEW!**

Code	Day	Date	Time	Fee
248304-01	Sa	9/19-10/24	8:00-9:00a	\$38

Sassy Ones

Code	Days	Date	Time	Fee
258103-03	M/W/F	9/14-10/23	10:10-11:00	\$55

W = Windsor Room
C = Chaucer Room

Step Works

Code	Day	Date	Time	Fee
248203-01	M	9/14-10/26	6:30-7:30	\$44

Stretch and Activate **NEW!**

Code	Day	Date	Time	Fee
248201-01	T	9/15-10/27	5:00-5:30p	\$27

Yoga

Code	Day	Date	Time	Fee
248301-01	T	9/15-10/27	5:45-6:45p	\$44
248301-02	TH	9/17-10/29	10:15-11:15a	\$44

Total Body Challenge **NEW!**

Code	Day	Date	Time	Fee
248211-01	Sa	9/19-10/24	9:20-10:20a	\$38

Toned and Strong

Code	Day	Date	Time	Fee
248202-05	TH	9/17-10/29	6:00-7:00p	\$44

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