

Granby Senior Center Exercise Class Schedule September-December 2019

*Two Payment Options** By the session: Residents-\$6/class. Out-of-town-\$7/class
By the class: Drop-in rate is \$8*

Date ____/____/____ Name: _____ Check# _____ Cash _____

Day	Time	Class	Session No.	Dates	No. of classes	Granby Resident	Non-Resident
Sun	7:30AM	PEAK Fitness Instructor: Jen Dzielak	Session 7	Sept 8-Oct 13	6	36	42
			Session 8	Oct 20-Nov 24	6	36	42
			Session 9	Dec 1-Dec 29	5	30	35
Mon	9:45AM	Yoga Flow Instructor: Mary Fuller No class Sept 2, Sept 23, Sept 30 Oct 14, Nov 11	Session 7	Sept 9-Oct 7	3	18	21
			Session 8	Oct 21-Nov 25	5	30	35
			Session 9	Dec 2-Dec 30	5	30	35
	11:15AM	Gentle Movement & Balance Instructor: Paula Pirogg No class Sept 2, Oct 14, Nov 11	Session 7	Sept 9-Oct 7	5	30	35
			Session 8	Oct 21-Nov 25	5	30	35
			Session 9	Dec 2-Dec 30	5	30	35
	4:30PM	Cardio Pilates Instructor: Mellanee Harmon No class Sept 2, Oct 14, Nov 11	Session 7	Sept 9-Oct 7	5	30	35
			Session 8	Oct 21-Nov 25	5	30	35
			Session 9	Dec 2-Dec 30	5	30	35
Tues	2:30PM	Chair Yoga Instructor: Paula Pirogg No class Dec 24, Dec 31	Session 7	Sept 3-Oct 8	6	36	42
			Session 8	Oct 15-Nov 19	6	36	42
			Session 9	Nov 26-Dec 17	4	24	28
	4:00PM	Yoga Instructor: Paula Pirogg No class Dec 24, Dec 31	Session 7	Sept 3-Oct 8	6	36	42
			Session 8	Oct 15-Nov 19	6	36	42
			Session 9	Nov 26-Dec 17	4	24	28
Wed	9:45AM	Tone-up Tune-up Instructor: Mary Fuller No class Sept 25, Dec 25	Session 7	Sept 4-Oct 9	5	30	35
			Session 8	Oct 16-Nov 20	6	36	42
			Session 9	Nov 27-Dec 18	4	24	28
	4:15PM	Body Blast Instructor: Mary Fuller No class Sept 25, Nov 27, Dec 25,	Session 7	Sept 4-Oct 9	5	30	35
			Session 8	Oct 16-Nov 20	6	36	42
			Session 9	Dec 4-Dec 18	3	18	21
Thurs	5:30AM	Cardio Pilates Instructor: Mellanee Harmon No class Nov 28	Session 7	Sept 5-Oct 10	6	36	42
			Session 8	Oct 17-Nov 21	6	36	42
			Session 9	Dec 5-Dec 26	4	24	28
	4:30PM	On the Ball Instructor: Paula Pirogg No class Oct 10, Nov 28	Session 7	Sept 5-Oct 3	5	30	35
			Session 8	Oct 17-Nov 21	6	36	42
			Session 9	Dec 5-Dec 26	4	24	28
Fri	8:30AM	Chi Gong Instructor: MaryEllen Mullins No class Nov 29	Session 7	Sept 6-Oct 11	6	36	42
			Session 8	Oct 18-Nov 22	6	36	42
			Session 9	Dec 6-Dec 27	4	24	28
	9:45AM	Cardio Combo Instructor: Mary Fuller No class Sept 27, Nov 29	Session 7	Sept 6-Oct 11	5	30	35
			Session 8	Oct 18-Nov 22	6	36	42
			Session 9	Dec 6-Dec 27	4	24	28
1:00PM	Line Dancing Instructor: Jim Gregory No class Nov 29	Session 7	Sept 6-Oct 11	6	36	42	
		Session 8	Oct 18-Nov 22	6	36	42	
		Session 9	Dec 6-Dec 27	4	24	28	