



AUGUST

WELLNESS SGT SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	WORKSHOPS
10:00-10:30 AM KETTLEBELL, CALESTHENICS & CORE JAY. POWER PLATE STUDIO					09:30-10:00 AM BOXING CONDITIONING RUTH QUEENAX STUDIO	SELF DEFENSE WORKSHOP WITH NURYS: BULLYPROOF (AGES 6-12) AUG 3 1:30-3:00 PM (GROUP X STUDIO) & GENERAL SELF DEFENSE (AGES 12+) AUG 12 1:30-3PM (TPS)
		11:00 -11:30 AM MOBILITY AND STABILITY HANNAH POWERPLATE	10:30- 11:00 AM GLUTE CAMP PAGE POWER PLATE STUDIO	10:00-10:30 AM KETTLEBELL BLAST JAY. POWER PLATE STUDIO		BROADWAY FITNESS : MUSICAL THEATRE INSPIRED DANCE WORKSHOP , EVERY SATURDAY IN AUG 11AM -NOON WITH RUTH, GROUP X
12:00-12:30 PM CLASSIC POWER PLATE ANDREA POWER PLATE STUDIO						
				1:00-1:30 PM H.I.I.T FOR A HEALTHY MIND HANNAH POWER PLATE STUDIO		IMPACTS OF COVID-19 BY DR KALAPP IN THE CONFERENCE ROOM ON TUES AUGUST 15 FROM 5:15PM - 6:15 PM COMPLIMENTARY**
12:30-1:00 PM STRETCHING FOR A HEALTHY BACK ANDREA POWER PLATE STUDIO		5:30-6:00 PM KETTLEBELL BLAST JAY. POWER PLATE STUDIO				
	6:30-7:00 PM PILATES AND BARRE INSPIRED POWER PLATE ANDREA POWER PLATE STUDIO					UNVEILING THE SECRETS OF TIME - A 4 PART ANTI-AGING SERIES BY DR. CHIRIANO : 5:30PM CONFERENCE ROOM AUG 29, SEPT 12, OCT 3, OCT 24 COMPLIMENTARY**
			6:00-6:30 PM POWER PLATE ANDREA POWER PLATE STUDIO			
						ASK A TRAINER BY PAGE IN THE WEIGHT ROOM ON MONDAY AUG 7 & MONDAY, AUG 21 FROM 10:30 -11:00 AM COMPLIMENTARY**