



Mondays:

Modern with Anna Brown Massey*
1pm-2pm in Studio 106

Tuesdays:

Dance Fitness with Gail Mitchell
11am-12pm in Studio 106

Everyone Tap with Andromeda Bradley
3pm-4pm in Studio 106

Wednesdays:

Modern with Yvonne Gagliardo*
10am-11am in Studio 106

Thursdays:

Movement for Wellness with Terry Wilson*
10am-11am in Studio 106

Modern with Terry Wilson*
11am-12pm in Studio 106

***Hybrid class - (Zoom option available)**