

February 2019 Ossining Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
12:15pm <b>Intermediate Yoga</b> - Itsa 6:00pm <b>NDPP Group E</b> - Sonia 6:15pm <b>Belly Dancing</b> - Solarah 7:15pm <b>Dance Fitness!</b> - Yuli	12:00pm <b>NDPP Group A</b> - Lori 12:15pm <b>Yoga with Meditation</b> - Itsa 1:15pm <b>Advanced Pilates</b> - Itsa 5:15pm <b>Pilates</b> - Leanna 6:00pm <b>NDPP Group D</b> - Lori 6:15pm <b>Circuit</b> - Leanna 7:15pm <b>Kickboxing</b> - Lori	1:15pm <b>Beginner Yoga</b> - Itsa 2:15pm <b>Intermediate Yoga</b> - Itsa 4:00pm <b>Healthy Fats</b> - Sonia 6:15pm <b>Belly Dancing</b> - Solarah	12:15pm <b>Pilates</b> - Leanna 4:15pm <b>Circuit</b> - Leanna 5:15pm <b>Dance Fitness!</b> - Yuli 6:15pm <b>Kickboxing</b> - Yuli	
11	12	13	14	15
12:15pm <b>Intermediate Yoga</b> - Itsa 6:15pm <b>Belly Dancing</b> - Solarah 7:15pm <b>Dance Fitness!</b> - Yuli	12:00pm <b>NDPP Group A</b> - Lori 12:15pm <b>Yoga with Meditation</b> - Itsa 1:15pm <b>Advanced Pilates</b> - Itsa 5:15pm <b>Pilates</b> - Leanna 6:15pm <b>Circuit</b> - Lori 7:15pm <b>Kickboxing</b> - Lori	1:15pm <b>Beginner Yoga</b> - Itsa 2:15pm <b>Intermediate Yoga</b> - Itsa 6:15pm <b>Belly Dancing</b> - Solarah	12:15pm <b>Pilates</b> - Leanna 4:15pm <b>Circuit</b> - Leanna 5:15pm <b>Dance Fitness!</b> - Yuli 6:15pm <b>Kickboxing</b> - Yuli	3:30pm <b>Green Thumb</b> - Gina
18	19	20	21	22
12:15pm <b>Intermediate Yoga</b> - Itsa 6:00pm <b>NDPP Group E</b> - Sonia 6:15pm <b>Belly Dancing</b> - Solarah 7:15pm <b>Dance Fitness!</b> - Yuli	12:00pm <b>NDPP Group A</b> - Lori 12:15pm <b>Yoga with Meditation</b> - Itsa 1:15pm <b>Advanced Pilates</b> - Itsa 5:15pm <b>Pilates</b> - Leanna 6:15pm <b>Circuit</b> - Lori 7:15pm <b>Kickboxing</b> - Lori	1:15pm <b>Beginner Yoga</b> - Itsa 2:15pm <b>Intermediate Yoga</b> - Itsa 6:15pm <b>Belly Dancing</b> - Solarah	12:15pm <b>Pilates</b> - Leanna 4:15pm <b>Circuit</b> - Leanna 5:15pm <b>Dance Fitness!</b> - Yuli 6:15pm <b>Kickboxing</b> - Yuli	
25	26	27	28	1
12:15pm <b>Intermediate Yoga</b> - Itsa 6:00pm <b>NDPP Group E</b> - Sonia 6:15pm <b>Belly Dancing</b> - Solarah 7:15pm <b>Dance Fitness!</b> - Yuli	12:00pm <b>NDPP Group A</b> - Lori 12:15pm <b>Yoga with Meditation</b> - Itsa 1:15pm <b>Advanced Pilates</b> - Itsa 5:15pm <b>Pilates</b> - Leanna 6:00pm <b>NDPP Group D</b> - Lori 6:15pm <b>Circuit</b> - Leanna 7:15pm <b>Kickboxing</b> - Lori	1:15pm <b>Beginner Yoga</b> - Itsa 2:15pm <b>Intermediate Yoga</b> - Itsa 6:15pm <b>Belly Dancing</b> - Solarah	12:15pm <b>Pilates</b> - Leanna 4:15pm <b>Circuit</b> - Leanna 5:15pm <b>Dance Fitness!</b> - Yuli 6:15pm <b>Kickboxing</b> - Yuli	
<a href="#">Beginner Classes</a> - Lower impact/intensity exercise	<a href="#">Intermediate/Advanced Classes</a> - Higher impact/intensity exercise	<a href="#">Wellness Workshops</a> - Programs that require pre-registration. Call the wellness center for details	<a href="#">Nutrition Classes</a> - Topics or demonstrations presented by the dietitian	

Febrero 2019 Ossining Calendario de Bienestar

Lunes	Martes	Miércoles	Jueves	Viernes
4 12:15pm <b>Yoga Intermedio</b> - Itsa 6:00pm <b>NDPP Grupo E</b> - Sonia 6:15pm <b>Danza de Vientre</b> - Solarah 7:15pm <b>Dance Fitness!</b> - Yuli	5 12:00pm <b>NDPP Grupo A</b> - Lori 12:15pm <b>Yoga con Meditación</b> - Itsa 1:15pm <b>Pilates Avanzado</b> - Itsa 5:15pm <b>Pilates</b> - Leanna 6:00pm <b>NDPP Grupo D</b> - Lori 6:15pm <b>Circuito</b> - Leanna 7:15pm <b>Kickboxing</b> - Lori	6 1:15pm <b>Yoga para Principiantes</b> - Itsa 2:15pm <b>Yoga Intermedio</b> - Itsa 4:00pm <b>Grasas Saludables</b> - Sonia 6:15pm <b>Danza de Vientre</b> - Solarah	7 12:15pm <b>Pilates</b> - Leanna 4:15pm <b>Circuito</b> - Leanna 5:15pm <b>Dance Fitness!</b> - Yuli 6:15pm <b>Kickboxing</b> - Yuli	8
11 12:15pm <b>Yoga Intermedio</b> - Itsa 6:15pm <b>Danza de Vientre</b> - Solarah 7:15pm <b>Dance Fitness!</b> - Yuli	12 12:00pm <b>NDPP Grupo A</b> - Lori 12:15pm <b>Yoga con Meditación</b> - Itsa 1:15pm <b>Pilates Avanzado</b> - Itsa 5:15pm <b>Pilates</b> - Leanna 6:15pm <b>Circuito</b> - Lori 7:15pm <b>Kickboxing</b> - Lori	13 1:15pm <b>Yoga para Principiantes</b> - Itsa 2:15pm <b>Yoga Intermedio</b> - Itsa 6:15pm <b>Danza de Vientre</b> - Solarah	14 12:15pm <b>Pilates</b> - Leanna 4:15pm <b>Circuito</b> - Leanna 5:15pm <b>Dance Fitness!</b> - Yuli 6:15pm <b>Kickboxing</b> - Yuli	15 3:30pm <b>Green Thumb</b> - Gina
18 12:15pm <b>Yoga Intermedio</b> - Itsa 6:00pm <b>NDPP Grupo E</b> - Sonia 6:15pm <b>Danza de Vientre</b> - Solarah 7:15pm <b>Dance Fitness!</b> - Yuli	19 12:00pm <b>NDPP Grupo A</b> - Lori 12:15pm <b>Yoga con Meditación</b> - Itsa 1:15pm <b>Pilates Avanzado</b> - Itsa 5:15pm <b>Pilates</b> - Leanna 6:15pm <b>Circuito</b> - Lori 7:15pm <b>Kickboxing</b> - Lori	20 1:15pm <b>Yoga para Principiantes</b> - Itsa 2:15pm <b>Yoga Intermedio</b> - Itsa 6:15pm <b>Danza de Vientre</b> - Solarah	21 12:15pm <b>Pilates</b> - Leanna 4:15pm <b>Circuito</b> - Leanna 5:15pm <b>Dance Fitness!</b> - Yuli 6:15pm <b>Kickboxing</b> - Yuli	22
25 12:15pm <b>Yoga Intermedio</b> - Itsa 6:00pm <b>NDPP Grupo E</b> - Sonia 6:15pm <b>Danza de Vientre</b> - Solarah 7:15pm <b>Dance Fitness!</b> - Yuli	26 12:00pm <b>NDPP Grupo A</b> - Lori 12:15pm <b>Yoga con Meditación</b> - Itsa 1:15pm <b>Pilates Avanzado</b> - Itsa 5:15pm <b>Pilates</b> - Leanna 6:00pm <b>NDPP Grupo D</b> - Lori 6:15pm <b>Circuito</b> - Leanna 7:15pm <b>Kickboxing</b> - Lori	27 1:15pm <b>Yoga para Principiantes</b> - Itsa 2:15pm <b>Yoga Intermedio</b> - Itsa 6:15pm <b>Danza de Vientre</b> - Solarah	28 12:15pm <b>Pilates</b> - Leanna 4:15pm <b>Circuito</b> - Leanna 5:15pm <b>Dance Fitness!</b> - Yuli 6:15pm <b>Kickboxing</b> - Yuli	1
<a href="#">Clases para Principiantes</a> - Menos impacto/menos intensidad de ejercicio	<a href="#">Clases Intermedios</a> - Más impacto/ejercicio intenso	<a href="#">Talleres de Bienestar</a> - Programas que requieren registración. llame al centro de bienestar para más información	<a href="#">Clases de Nutrición</a> - Temas o demostraciones presentadas por la dietética	