

February 2019 Port Chester Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
10:00am NDPP Group E - Rolando 2:00pm Pilates - Itsa 5:30pm Zumba® - Adriana 6:30pm Zumba® - Adriana	3:15pm Beginner Yoga - Itsa 5:30pm Zumba® - Adriana 6:30pm Zumba® - Adriana	9:30am Cardio Circuit - Leanna 4:00pm Green Thumb - Maria 4:30pm Zumba Gold® - Paula 5:30pm Total Body Conditioning - Paula 6:30pm Zumba® - Paula	1:00pm Prenatal Yoga - Itsa 2:00pm Intermediate Yoga - Itsa 4:30pm Zumba® - Rhaiza 5:30pm Zumba® - Rhaiza	
11	12	13	14	15
10:00am NDPP Group E - Rolando 2:00pm Pilates - Itsa 5:30pm Zumba® - Monet 6:30pm Zumba® - Monet	3:15pm Beginner Yoga - Itsa 4:00pm Healthy Fats - Maria 5:30pm Zumba® - Rhaiza 6:30pm Zumba® - Rhaiza	9:30am Cardio Circuit - Leanna 4:30pm Zumba Gold® - Paula 5:30pm Total Body Conditioning - Paula 6:30pm Zumba® - Paula	1:00pm Prenatal Yoga - Allison 2:00pm Intermediate Yoga - Allison 4:30pm Zumba® - Rhaiza 5:30pm Zumba® - Rhaiza	
18	19	20	21	22
10:00am NDPP Group E - Rolando 2:00pm Pilates - Itsa 5:30pm Zumba® - Adriana 6:30pm Zumba® - Adriana	3:15pm Beginner Yoga - Itsa 5:30pm Zumba® - Adriana 6:30pm Zumba® - Adriana	9:30am Cardio Circuit - Leanna 4:00pm Green Thumb - Maria 4:30pm Zumba Gold® - Paula 5:30pm Total Body Conditioning - Paula 6:30pm Zumba® - Paula	1:00pm Prenatal Yoga - Allison 2:00pm Intermediate Yoga - Allison 4:30pm Zumba® - Rhaiza 5:30pm Zumba® - Rhaiza	10:00am - High Blood Pressure
25	26	27	28	29
10:00am NDPP Group E - Rolando 2:00pm Pilates - Itsa 5:30pm Zumba® - Adriana 6:30pm Zumba® - Adriana	3:15pm Beginner Yoga - Itsa 5:30pm Zumba® - Adriana 6:30pm Zumba® - Adriana	9:30am Cardio Circuit - Leanna 4:30pm Zumba Gold® - Paula 5:30pm Total Body Conditioning - Paula 6:30pm Zumba® - Paula	1:00pm Prenatal Yoga - Allison 2:00pm Intermediate Yoga - Allison 4:30pm Zumba® - Rhaiza 5:30pm Zumba® - Rhaiza 5:30pm NDPP Group D - Rolando	
Beginner Classes - Lower impact/intensity exercise	Intermediate/Advanced Classes - Higher impact/intensity exercise	Wellness Workshops - Programs that require pre-registration. Call the wellness center for details	Nutrition Classes - Topics or demonstrations presented by the dietitian	

Febrero 2019 Port Chester Calendario de Bienestar

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4	5	6	7	8
10:00am NDPP Grupo E - Rolando 2:00pm Pilates - Itsa 5:30pm Zumba® - Adriana 6:30pm Zumba® - Adriana	3:15pm Yoga para Principiantes - Itsa 5:30pm Zumba® - Adriana 6:30pm Zumba® - Adriana	9:30am Circuito de Cardio - Leanna 4:00pm Green Thumb - Maria 4:30pm Zumba Gold® - Paula 5:30pm Acondicionamiento Total - Paula 6:30pm Zumba® - Paula	1:00pm Yoga Prenatal - Itsa 2:00pm Yoga Intermedio - Itsa 4:30pm Zumba® - Rhaiza 5:30pm Zumba® - Rhaiza	
11	12	13	14	15
10:00am NDPP Grupo E - Rolando 2:00pm Pilates - Itsa 5:30pm Zumba® - Monet 6:30pm Zumba® - Monet	3:15pm Yoga para Principiantes - Itsa 4:00pm Grasas Saludables - Maria 5:30pm Zumba® - Rhaiza 6:30pm Zumba® - Rhaiza	9:30am Circuito de Cardio - Leanna 4:30pm Zumba Gold® - Paula 5:30pm Acondicionamiento Total - Paula 6:30pm Zumba® - Paula	1:00pm Yoga Prenatal - Allison 2:00pm Yoga Intermedio - Allison 4:30pm Zumba® - Rhaiza 5:30pm Zumba® - Rhaiza	
18	19	20	21	22
10:00am NDPP Grupo E - Rolando 2:00pm Pilates - Itsa 5:30pm Zumba® - Adriana 6:30pm Zumba® - Adriana	3:15pm Yoga para Principiantes - Itsa 5:30pm Zumba® - Adriana 6:30pm Zumba® - Adriana	9:30am Circuito de Cardio - Leanna 4:00pm Green Thumb - Maria 4:30pm Zumba Gold® - Paula 5:30pm Acondicionamiento Total - Paula 6:30pm Zumba® - Paula	1:00pm Yoga Prenatal - Allison 2:00pm Yoga Intermedio - Allison 4:30pm Zumba® - Rhaiza 5:30pm Zumba® - Rhaiza	10:00am - Presión Arterial Alta
25	26	27	28	29
10:00am NDPP Grupo E - Rolando 2:00pm Pilates - Itsa 5:30pm Zumba® - Adriana 6:30pm Zumba® - Adriana	3:15pm Yoga para Principiantes - Itsa 5:30pm Zumba® - Adriana 6:30pm Zumba® - Adriana	9:30am Circuito de Cardio - Leanna 4:30pm Zumba Gold® - Paula 5:30pm Acondicionamiento Total - Paula 6:30pm Zumba® - Paula	1:00pm Yoga Prenatal - Allison 2:00pm Yoga Intermedio - Allison 4:30pm Zumba® - Rhaiza 5:30pm Zumba® - Rhaiza 5:30pm NDPP Grupo D - Rolando	
Clases para Principiantes - Menos impacto/menos intensidad de ejercicio	Clases Intermedios - Más impacto/ejercicio intenso	Talleres de Bienestar - Programas que requieren registración. llame al centro de bienestar para más información	Clases de Nutrición - Temas o demostraciones presentadas por la dietética	