

# January 2019 Port Chester Wellness Calendar

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Monday	Tuesday	Wednesday	Thursday
31 2:00pm <b>Pilates</b> - Itsa 5:30pm <b>Zumba®</b> - Adriana 6:30pm <b>Zumba®</b> - Adriana	1 <b>Closed</b>	2 9:30am <b>Cardio Circuit</b> - Leanna 4:30pm <b>Dance Fitness Lite!</b> - Yuli 5:30pm <b>Total Body Conditioning</b> - Yuli 6:30pm <b>Dance Fitness!</b> - Yuli	3 1:00pm <b>Prenatal Yoga</b> - Allison 2:00pm <b>Intermediate Yoga</b> - Allison 4:30pm <b>Zumba®</b> - Rhaiza 5:30pm <b>Zumba®</b> - Rhaiza
7 10:00pm <b>NDPP Group E</b> - Rolando 2:00pm <b>Pilates</b> - Itsa 5:30pm <b>Zumba®</b> - Adriana 6:30pm <b>Zumba®</b> - Adriana	8 3:15pm <b>Beginner Yoga</b> - Itsa 5:30pm <b>Zumba®</b> - Adriana 6:30pm <b>Zumba®</b> - Adriana	9 9:30am <b>Cardio Circuit</b> - Leanna 4:00pm <b>Green Thumb</b> - Sonia & Leanna 4:30pm <b>Zumba Gold®</b> - Paula 5:30pm <b>Total Body Conditioning</b> - Paula 6:30pm <b>Zumba®</b> - Paula	10 1:00pm <b>Prenatal Yoga</b> - Allison 2:00pm <b>Intermediate Yoga</b> - Allison 4:30pm <b>Zumba®</b> - Rhaiza 5:30pm <b>Zumba®</b> - Rhaiza
14 10:00pm <b>NDPP Group E</b> - Rolando 2:00pm <b>Pilates</b> - Itsa 5:30pm <b>Zumba®</b> - Adriana 6:30pm <b>Zumba®</b> - Adriana	15 3:15pm <b>Beginner Yoga</b> - Itsa 5:30pm <b>Zumba®</b> - Adriana 6:30pm <b>Zumba®</b> - Adriana	16 9:30am <b>Cardio Circuit</b> - Leanna 4:30pm <b>Zumba Gold®</b> - Paula 5:30pm <b>Total Body Conditioning</b> - Paula 6:30pm <b>Zumba®</b> - Paula	17 1:00pm <b>Prenatal Yoga</b> - Allison 2:00pm <b>Intermediate Yoga</b> - Allison 4:30pm <b>Zumba®</b> - Rhaiza 5:30pm <b>Zumba®</b> - Rhaiza
21 10:00pm <b>NDPP Group E</b> - Rolando 2:00pm <b>Pilates</b> - Itsa 5:30pm <b>Zumba®</b> - Adriana 6:30pm <b>Zumba®</b> - Adriana	22 3:15pm <b>Beginner Yoga</b> - Itsa 5:30pm <b>Zumba®</b> - Adriana 6:30pm <b>Zumba®</b> - Adriana	23 9:30am <b>Cardio Circuit</b> - Leanna 4:00pm <b>Green Thumb</b> - Sonia & Leanna 4:30pm <b>Zumba Gold®</b> - Paula 5:30pm <b>Total Body Conditioning</b> - Paula 6:30pm <b>Zumba®</b> - Paula	24 1:00pm <b>Prenatal Yoga</b> - Allison 2:00pm <b>Intermediate Yoga</b> - Allison 4:30pm <b>Zumba®</b> - Rhaiza 5:30pm <b>Zumba®</b> - Rhaiza 5:30pm <b>NDPP Group D</b> - Rolando
28 10:00pm <b>NDPP Group E</b> - Rolando 2:00pm <b>Pilates</b> - Itsa 5:30pm <b>Zumba®</b> - Adriana 6:30pm <b>Zumba®</b> - Adriana	29 3:15pm <b>Beginner Yoga</b> - Itsa 5:30pm <b>Zumba®</b> - Adriana 6:30pm <b>Zumba®</b> - Adriana	30 9:30am <b>Cardio Circuit</b> - Leanna 4:30pm <b>Zumba Gold®</b> - Paula 5:30pm <b>Total Body Conditioning</b> - Paula 6:30pm <b>Zumba®</b> - Paula	31 1:00pm <b>Prenatal Yoga</b> - Allison 2:00pm <b>Intermediate Yoga</b> - Allison 4:30pm <b>Zumba®</b> - Rhaiza 5:30pm <b>Zumba®</b> - Rhaiza
<b>Beginner Classes</b> - Lower impact/intensity exercise	<b>Intermediate/Advanced Classes</b> - Higher impact/intensity exercise	<b>Wellness Workshops</b> - Programs that require pre-registration. Call the wellness center for details	<b>Nutrition Classes</b> - Topics or demonstrations presented by the dietitian

# Enero 2019 Port Chester Calendario de Bienestar

Lunes	Martes	Miércoles	Jueves
31 2:00pm <b>Pilates</b> - Itsa 5:30pm <b>Zumba®</b> - Adriana 6:30pm <b>Zumba®</b> - Adriana	1 <b>Cerrado</b>	2 9:30am <b>Circuito de Cardio</b> - Leanna 4:30pm <b>Dance Fitness Lite!</b> - Yuli 5:30pm <b>Acondicionamiento Total</b> - Yuli 6:30pm <b>Dance Fitness!</b> - Yuli	3 1:00pm <b>Yoga Prenatal</b> - Allison 2:00pm <b>Intermédiaire Yoga</b> - Allison 4:30pm <b>Zumba®</b> - Rhaiza 5:30pm <b>Zumba®</b> - Rhaiza
7 10:00pm <b>NDPP Grupo E</b> - Rolando 2:00pm <b>Pilates</b> - Itsa 5:30pm <b>Zumba®</b> - Adriana 6:30pm <b>Zumba®</b> - Adriana	8 3:15pm <b>Yoga para Principiantes</b> - Itsa 5:30pm <b>Zumba®</b> - Adriana 6:30pm <b>Zumba®</b> - Adriana	9 9:30am <b>Circuito de Cardio</b> - Leanna 4:00pm <b>Green Thumb</b> - Sonia & Leanna 4:30pm <b>Zumba Gold®</b> - Paula 5:30pm <b>Acondicionamiento Total</b> - Paula 6:30pm <b>Zumba®</b> - Paula	10 1:00pm <b>Yoga Prenatal</b> - Allison 2:00pm <b>Intermédiaire Yoga</b> - Allison 4:30pm <b>Zumba®</b> - Rhaiza 5:30pm <b>Zumba®</b> - Rhaiza
14 10:00pm <b>NDPP Grupo E</b> - Rolando 2:00pm <b>Pilates</b> - Itsa 5:30pm <b>Zumba®</b> - Adriana 6:30pm <b>Zumba®</b> - Adriana	15 3:15pm <b>Yoga para Principiantes</b> - Itsa 5:30pm <b>Zumba®</b> - Adriana 6:30pm <b>Zumba®</b> - Adriana	16 9:30am <b>Circuito de Cardio</b> - Leanna 4:30pm <b>Zumba Gold®</b> - Paula 5:30pm <b>Acondicionamiento Total</b> - Paula 6:30pm <b>Zumba®</b> - Paula	17 1:00pm <b>Yoga Prenatal</b> - Allison 2:00pm <b>Intermédiaire Yoga</b> - Allison 4:30pm <b>Zumba®</b> - Rhaiza 5:30pm <b>Zumba®</b> - Rhaiza
21 10:00pm <b>NDPP Grupo E</b> - Rolando 2:00pm <b>Pilates</b> - Itsa 5:30pm <b>Zumba®</b> - Adriana 6:30pm <b>Zumba®</b> - Adriana	22 3:15pm <b>Yoga para Principiantes</b> - Itsa 5:30pm <b>Zumba®</b> - Adriana 6:30pm <b>Zumba®</b> - Adriana	23 9:30am <b>Circuito de Cardio</b> - Leanna 4:00pm <b>Green Thumb</b> - Sonia & Leanna 4:30pm <b>Zumba Gold®</b> - Paula 5:30pm <b>Acondicionamiento Total</b> - Paula 6:30pm <b>Zumba®</b> - Paula	24 1:00pm <b>Yoga Prenatal</b> - Allison 2:00pm <b>Intermédiaire Yoga</b> - Allison 4:30pm <b>Zumba®</b> - Rhaiza 5:30pm <b>Zumba®</b> - Rhaiza 5:30pm <b>NDPP Grupo D</b> - Rolando
28 10:00pm <b>NDPP Grupo E</b> - Rolando 2:00pm <b>Pilates</b> - Itsa 5:30pm <b>Zumba®</b> - Adriana 6:30pm <b>Zumba®</b> - Adriana	29 3:15pm <b>Yoga para Principiantes</b> - Itsa 5:30pm <b>Zumba®</b> - Adriana 6:30pm <b>Zumba®</b> - Adriana	30 9:30am <b>Circuito de Cardio</b> - Leanna 4:30pm <b>Zumba Gold®</b> - Paula 5:30pm <b>Acondicionamiento Total</b> - Paula 6:30pm <b>Zumba®</b> - Paula	31 1:00pm <b>Yoga Prenatal</b> - Allison 2:00pm <b>Intermédiaire Yoga</b> - Allison 4:30pm <b>Zumba®</b> - Rhaiza 5:30pm <b>Zumba®</b> - Rhaiza
<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