

# Spring Class Schedule



Walk ins Welcome

Fitness Classes    Yoga    Personal Training

Monday:

5:30-6:30am **Boot Camp** Erin Svare  
6-7:15pm **Vinyasa Yoga** Denise Ikasalo

Tuesday:

5:30-6:30am **Spin** Tricia Asaro  
6:15-7:30pm **Prenatal Yoga** Janine Murphy (6wk series)

Wednesday:

5:30-6:30am **Boot Camp** John Guastella  
6-7:15pm **Strong Vinyasa Yoga** Denise Ikasalo

Thursday:

5:30-6:30am **Spin** Erin Svare  
10-11:00am **Gentle Vinyasa** Denise Ikasalo  
6-7pm **Spin** Jen Clunie

Friday:

10-11:00am **Chair Yoga** Janine Murphy  
6:30-8pm **Restorative Yoga** Krista Spohr (Last Friday of Month)

Saturday:

8-9am **Boot Camp** Erin Svare  
9:30-10:30am **Vinyasa Yoga** Erin Svare

Sunday:

7:45-8:30am **Spin** MaryAnn Fischler  
5-6pm **Gentle Yoga** Erin Cannizzaro

Register for classes at

[www.365Fit.info](http://www.365Fit.info)

10 Hallwood Road, Delmar | 518.727.7815

Behind the Delmar Post Office