

Levy Center
Remote Class Schedule Listing
May 2020

Monday

Class: Strength/Stretch Training
Instructor: Amanda Hart
Time: 9-9:30am (No Equipment Strength)
9:35-10am (No Equipment Stretch)
Link: [Click Here](#)

Class: Cardio, Strength & Stretch
Instructor: Marla Lampert
Time: 10:30-11:30am
Link: [Click Here](#)

Tuesday

Class: Beginning Yoga
Instructor: Betsy Murphy
Time: 9-10am
Link: [Click Here](#)

Class: Chair Yoga
Instructor: Betsy Murphy
Time: 10:30-11:30am
Link: [Click Here](#)

Class: Zumba Gold
Instructor: Suzanne Hock
Time: 1-2pm
Link: [Click Here](#)

Wednesday

Class: Cardio, Strength & Stretch
Instructor: Marla Lampert
Time: 10:30-11:30am
Link: [Click Here](#)

Class: Pilates/Yoga Fusion
Instructor: Amanda Hart
Time: 2-3pm
Link: [Click Here](#)

Thursday

Class: Beginning Yoga
Instructor: Shauna Babcock
Time: 10-11am
Link: [Click Here](#)

Class: Zumba
Instructor: Suzanne Hock
Time: 6:30-7:30pm
Link: [Click Here](#)

Friday

Class: Zumba Gold Toning
Instructor: Suzanne Hock
Time: 10-11am
Link: [Click Here](#)

Saturday

Class: Yoga to Heal
Instructor: Shauna Babcock
Time: 9-10:15am
Link: [Click Here](#)

Class: Pilates/Yoga Fusion
Instructor: Amanda Hart
Time: 10:30-11:30am
Link: [Click Here](#)