



Season	Name	Type	Day	Start Time	Length	Instructor	Location
Fall 2021 - Spring 2022	Acro - Beginner 11:30 J4	Exercise	Sunday	11:30 AM	0:45	CGo	J4
Fall 2021 - Spring 2022	Acro -Teen Sun 12:15 J4	Exercise	Sunday	12:15 PM	0:45	CGo	J4
Fall 2021 - Spring 2022	Strength, Stretch & Acro Wed J3	Exercise	Sunday	2:30 PM	0:45	Staff	J3
Fall 2021 - Spring 2022	Teen Strength, Stretch & Acro Thurs 5:00 J4	Exercise	Sunday	5:00 PM	0:45	Staff	J4
Fall 2021 - Spring 2022	Beg/Intermediate Strength, Stretch & Acro Mon J4	Exercise	Monday	3:45 PM	0:45	CGo	J4
Fall 2021 - Spring 2022	Beg/Intermediate Strength, Stretch & Acro Tues J4	Exercise	Tuesday	3:30 PM	0:45	CGo	J4
Fall 2021 - Spring 2022	Teen/Adult Yoga	Exercise	Wednesday	9:15 AM	0:45	CGo	L5
Fall 2021 - Spring 2022	Teen/Adult Strength, Stretch, & Conditioning	Exercise	Wednesday	6:15 PM	0:45	FM	J2
Fall 2021 - Spring 2022	OUTDOOR Cheer & Dance Team Basics: Aug-Oct	Exercise	Wednesday	6:30 PM	0:45	KB	J2
Fall 2021 - Spring 2022	Acro -Teen Int/Adv Fri 7:30 J3	Exercise	Friday	7:30 PM	0:45	NJ	J3