

# Open House Week 10/19–10/25 Wells Ave

Sat	Sun	Mon	Tues	Wed	Thurs	Fri
9 AM Y Cycle Theme: Beatles & Taylor Swift	9 AM Healing Yoga Theme: Gratitude	9 AM Y Cycle Theme: Madonna vs. Taylor Swift	6 AM Boot Camp Theme: Batman	6 AM Boot Camp Theme: Ninja Warrior	10 AM Y-Intervals Theme: '80s	9:15 AM Yoga Theme: Attitude of Gratitude
	12:15 PM Zumba Theme: Cultural Dance	9:15 AM Qigong Tai Chi Yoga Flow Theme: Loving/Kindness	9 AM Y-Intervals Theme: '90s	9 AM Zumba Theme: Dancing through the Decades	10 AM Intro to Y Cycle	9:30 AM Aqua Fitness Theme: Show Tunes
		9:30 AM Keeping Fit Theme: Superheroes	10 AM Keeping Fit Theme: Disney	10 AM Barre Theme: Motown	11 AM Improve Posture with Pilates with music	10:30 AM Y-Intervals Theme: '90s
		10 AM Intro to Y Cycle	11 AM Stronger Class Theme: Halloween	1 PM Functional Movement Screen	12 PM Yoga Theme: Gratitude & Love	11 AM Y Cycle Theme: Country
		10:30 AM Y-Intervals Theme: '80s	11 AM Pilates Theme: Disney Princess	5:15 PM Zumba Theme: Cultural Dance	2 PM Functional Training Demo	12 PM Pickleball Intro Clinic
		11 AM Y Cycle Theme: Pink & Beyonce	12 PM Yoga Theme: Gratitude & Love	5 PM Needham Nutrition Free Smoothies	6 PM Zumba Theme: Rock Rebellion	1 PM Functional Movement Screen
		1 PM Functional Movement Screen	1 PM Functional Training Demo	6 PM Y Cycle Theme: Show Tunes		5:30 PM Zumba Theme: Halloween
		3 PM Camp Crafts	4 PM Yoga Attitude of Gratitude			
		5 PM Y Cycle Theme: Sing-a-long	5:30 PM Yoga Theme: Gratitude			
		5:30 PM Yoga Theme: Gratitude	6 PM Y Cycle Theme: '80s British Invasion			
		6 PM Zumba Theme: Ghouls Just Wanna Have Fun				
		7 PM Bolly X Theme: Garba				

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