

Healthy Island Project -Updated April 26, 2019

<b>HIP</b>	<b>Island Fitness</b>	<b>Classes &amp; Groups</b>					
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Morning</b>	8:30 - 10:30 am ICC - Community Walking in the Gym	8:30 - 10:30 am ICC - Community Walking in the Gym	8:30 - 10:30 am ICC - Community Walking in the Gym	8:30 - 10:30 am ICC - Community Walking in the Gym	8:30 - 10:30 am ICC - Community Walking in the Gym	8:30- 9:45 am ICC - Yoga for All	9:00 - 11:00 am ICC Pickleball in the Gym (advanced)
	8:30 - 9:45 am ICC - Elements of Hatha Yoga	8:45 - 9:45 am ICC - Off-the-Cuff drop in group	8:30 - 9:45 am ICC - Yin and Yoga Nidra	8:45 - 9:45 am ICC - Off-the-Cuff drop in group	8:30 - 9:30 am Tone/Strength Cardio with Carmen Rollins		
	8:30 - 9:30 am DIS Congo Church Yoga with Brennan	10:15-11:45 am ICC Bone Builders Greenlaw Room Medical forms req'd	10:15 - 10:45 INH Seated Tai Chi with Mia Kanazawa	10:15-11:45 am ICC Bone Builders Greenlaw Room Medical forms required	8:30 - 9:15 am Physique Fitness Zumba Gold		
	10:30 - 11:30 am DIS Congo Church Exercise		10:30 - 11:30 am DIS Congo Church Exercise		10:30 - 11:30 am DIS Congo Church Exercise		
			11:00 am- 12:00 pm St. Brendan Church Beginning Tai Chi with Mia Kanazawa				
<b>Afternoon</b>	4:15 - 5:15 pm Physique Fitness TRX	4:30 - 7:00 pm ICC - Pickleball in the Gym	3:30 - 4:30 pm Physique Fitness Beginner TRX	4:30 - 7:00 pm ICC - Pickleball in the Gym			
<b>Evening</b>	6:00 - 7:00 pm Physique Fitness Zumba Class	5:30 - 6:45 pm ICC - Yoga for All: Healthy Spine	5:30 - 6:45 pm ICC - Vinyasa Yoga Level 2/3	6:00 - 7:00 pm Physique Fitness Zumba Class	5:30 - 6:45 pm ICC - Vinyasa Yoga Level 1/2		
<b>DIS Cong Church</b>		57 Church Street, DI	348-6602	<a href="http://deerislesunsetchurch.org">deerislesunsetchurch.org</a>			
<b>ICC</b>	Island Community Ctr	10 Memorial Lane, Ston	367-2735	<a href="http://islandcommunitycenter.net">islandcommunitycenter.net</a>	<a href="http://carolinewybyaryoga.com">carolinewybyaryoga.com</a>	All Yoga in the	Greenlaw Room
<b>INH</b>	Island Nursing Home	587 N Deer Isle Rd DI	348-2351	<a href="http://islandnursinghome.org">islandnursinghome.org</a>			
<b>Physique</b>	Physique Fitness Ctr	661 Sunset Road DI	348-2858	<a href="http://physiquefitme.com">physiquefitme.com</a>			
<b>St. Brendan's Church</b>		627 N Deer Isle Rd DI	348-6240	<a href="http://stbrendans-me.org">stbrendans-me.org</a>			
<b>Carmen Rollins</b>		248 Sand Beach Rd Stonington	367-6308	<a href="mailto:rcarp62@aol.com">rcarp62@aol.com</a>			