


Class Schedule

Starting March 31st, 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:15-10:15 Rock Steady Boxing Intermediate/Advanced ZOOM Live Stream			9:15-10:15 Rock Steady Boxing Intermediate/Advanced	9:00-10:00 Mindful Movement For Scoliosis
10:15-11:15 Rock Steady Boxing Intermediate/Advanced	10:30-11:45 Parkinson's Dance All Levels	10:15-11:15 Rock Steady Boxing Intermediate/Advanced	10:15-11:15 Rock Steady Boxing Intermediate/Advanced ZOOM Live Stream	10:30-11:45 Parkinson's Dance All Levels	
11:30-12:30 Rock Steady Boxing Beginner	12:00-1:00 Yoga with Kaitlyn All Levels	11:30-12:30 Rock Steady Boxing Beginner	11:30-12:30 360 Fitness Intermediate		
	1:15-2:15 360 Fitness/RSB Beginner		1:15-2:15 360 Fitness/RSB Beginner		
	2:30-3:30 360 Fitness Intermediate		2:30-3:15 Fine Motor Skills		
5:15-6:00 Yoga for Posture All Levels	5:30-7:00pm Mindfulness	5:15-6:00 Yoga for Posture All Levels			



 961 Panorama Trl S Rochester
 (585) 482-5060

Directions from Rochester

1. 490 E
2. Exit 23 toward Penfield
3. Turn Left on 441 / Linden Ave
4. Take the NY-153 ramp to Panorama Trail/Washington St
5. Turn right onto NY-153 S/Panorama Trail S
6. Turn right into Panorama Landing Complex
7. Follow the road to the end - we are the last building on the right



Directions from Webster

1. 250 South
2. Turn right onto 441W
3. Take the NY-153 exit toward Panorama Trail/Washington Street
4. Turn left onto NY-153 S/Panorama Trail S
5. Follow the road to the end - we are the last building on the right

