

# Village of Palm Springs

## Instructor Led Classes

| Class                    | Day of Class (es)    | Location           | Time (s)  | Instructor Name  | Phone        |
|--------------------------|----------------------|--------------------|---|------------------|--------------|
| Mayo Clinic Chair Class  | Tues<br>Fri          | Studio             | 12:00 - 01:00pm<br>10:00 - 11:00pm                    | Pat Mieszczenski | 561-969-0686 |
| Chair Exercise Class     | Mon<br>Thurs         | Studio             | 10:00 - 11:00am<br>10:00 - 11:00am                    | Pat Mieszczenski | 561-969-0686 |
| Fit for Life             | Wed - Fri            | Studio             | 09:00am   | Pat Mieszczenski | 561-969-0686 |
| Pre-School Motor Skills  | Thurs                | Studio             | 11:15 - 12:00pm                                       | Pat Mieszczenski | 561-969-0686 |
| Zumba Fitness            | Thurs                | Multi-Purpose Room | 07:00 - 08:00pm                                       | Caroline Mann    | 561-516-9861 |
| Karate - Sensei Roach    | Mon<br>Wed<br>Thurs  | Studio             | 06:00 - 08:00pm                                       | Reinaldo Roach   | 617-312-6788 |
| Karate - Sensei Suarez   | Tues<br>Thurs<br>Sat | Studio             | 04:00 - 05:00pm<br>04:00 - 05:00pm<br>09:00 - 11:00am | Rodrigo Suarez   | 561-628-8439 |
| Gentle Caring Hands      | Tues<br>Thurs        | Classroom          | 09:00 - 05:00pm<br>09:00 - 05:00pm                    | Rosa Rosemary    | 561-602-9577 |
| All American Team Tennis | Mon<br>Wed<br>Sat    | Tennis Courts      | 06:00 - 08:30pm<br>06:00 - 08:30pm<br>08:00 - 01:00pm | Ken Tolber       | 561-578-9914 |
| Judo                     | Mon<br>Wed           | L.A.B.             | 06:45 - 08:00pm<br>06:45 - 08:00pm                    | Jorge Miranda    | 561-889-2526 |
| Top Notch Twirlers       | Tues                 | Tennis Courts      | 05:00 - 06:30pm                                       | Amanda Abrams    | 561-313-7878 |