





Group Exercise



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM Sunrise Spin <i>Julia</i>	5:30 AM Bootcamp <i>Pam</i>	5:30 AM Sunrise Spin <i>Sue B</i>	5:30 AM Bootcamp <i>Pam</i>	5:30 AM Sunrise Spin <i>Julia</i>	7:00 AM Bootcamp <i>Michelle</i>	8:30 AM Spinning <i>Susan</i>
8:00 AM  TRX Circuit <i>Julie</i>	8:30 AM Wendy Express Abs	9:00 AM Spin & Sculpt <i>Wendy</i>	8:00 AM  Foam Rolling <i>Julie</i>	9:00 AM Raise the Bar <i>Wendy</i>	8:00 AM Spinning <i>Michelle</i>	
9:00 AM SPINNING <i>Wendy</i>	9:00 AM Wendy Total Strength	10:00 AM Barre <i>Donna</i>	9:00 AM Tread & Strength <i>Julie</i>	10:00 AM Barre Fit <i>Donna</i>	9:00 AM All Levels Yoga <i>Kendra</i>	
9:00 AM Pilates Sculpt <i>Donna</i>	9:00 AM Tread & Strength <i>Julie</i>	11:00 AM Pilates Sculpt <i>Kerri W</i>	9:00 AM Power Yoga <i>Donna</i>	10:15 AM Wendy Express Spin	10:00 AM Dance Tone <i>Dawn</i>	
10:00 AM Gentle Yoga <i>Donna</i>	10:00 AM Mat Madness <i>Maribeth</i>		10:00 AM Senior Circuit <i>Donna</i>	11:00 AM Wendy Chair Yoga	Class-a-thon Sat 3/15 8:00 am - 11:00 am	
	10:15 AM Wendy Express Spin			4:00 PM James Bootcamp		
11:00 AM Low Impact <i>Kerri W</i>	11:00 AM Senior Fitness <i>Wendy</i>	4:30 PM Bootcamp <i>James</i>	11:00 AM Moves & Muscles <i>Kerri W</i>	<h2>Specialty Classes:</h2> <p>Zumba- Sun 3/2 & 3/9 @ 9:30 am w/ Ashleigh</p> <p>Dance Tone- Wed 3/12 @ 6:30 pm w/ Dawn</p> <h2>P  P-UP CLASSES:</h2>		
4:30 PM Yogalates <i>Kendra</i>	4:30 PM Yoga Sculpt <i>Kendra</i>	4:30 PM Pilates Sculpt <i>Kerri W</i>	4:30 PM Body Blend <i>Kerri W</i>			
5:30 PM Strong Mobility <i>Ashleigh</i> (75-min)	5:30 PM Zumba <i>Ashleigh</i>	5:30 PM  Spin 45 <i>Nadine</i>	5:30 PM Moves & Muscles <i>Kerri W</i>			

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