

Group Exercise

March



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM Sunrise Spin <i>Sue B</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>Michelle</i>		8:30 AM Spinning <i>Susan</i>
8:00 AM TRX Circuit <i>Nadine</i>	8:30 AM <i>Wendy</i> Express Abs	9:00 AM Spin & Sculpt <i>Wendy</i>	9:00 AM Tread & Strength <i>Sarah</i>	9:00 AM Raise the Bar <i>Wendy</i>	8:00 AM Spinning <i>Nicky</i>	 A Wish Come True CLASS-A-THON- Sat 3/14 8am-12pm ALL REGULAR CLASSES CANCELED 
9:00 AM SPINNING <i>Wendy</i>	9:00 AM Total Strength	10:00 AM Barre Fit <i>Donna</i>	9:00 AM Power Yoga <i>Donna</i>	10:00 AM Barre Fit <i>Donna</i>	8:00 AM Power Hour <i>Emily</i>	
9:00 AM Pilates Sculpt <i>Donna</i>	9:00 AM Tread & Strength <i>Sarah</i>	11:00 AM Pilates Sculpt <i>Kerri W</i>	10:00 AM Senior Circuit <i>Donna</i>	10:15 AM <i>Wendy</i> Express Spin	9:00 AM All Levels Yoga <i>Kendra</i>	
10:00 AM Gentle Yoga <i>Donna</i>	10:00 AM Mat Madness <i>Maribeth</i>		11:00 AM Moves & Muscles <i>Kerri W</i>	11:00 AM <i>Wendy</i> Chair Yoga	10:00 AM Dance Tone <i>Dawn</i>	
	10:15 AM <i>Wendy</i> Express Spin			4:00 PM <i>James</i> 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>	4:30 PM Body Blend <i>Kerri W</i>	POP-UP CLASSES: Buti Mvmnt w/ Ashleigh- Mondays 6:30 pm Tread & Shred w/ Sarah- Tuesdays & Thursdays 9:00 am Power Hour w/ Emily- Wednesdays 6:00pm & Saturdays 8:00 am  Sunday Funday:  Zumba w/ Ashleigh- Sun 3/8 & 3/22_ 9:30 am Buti Mvmnt w/ Ashleigh- Sun 3/15 & 3/29_ 9:30 am		
5:30 PM Strong Nation w/ Weights <i>Ashleigh</i>	5:30 PM Zumba <i>Cassandra</i>	4:30 PM Pilates Sculpt <i>Kerri W</i>				
6:30 PM Buti Mvmnt <i>Ashleigh</i>		6:00 PM Power Hour <i>Emily</i>	6:00 PM Zumba Gold <i>Sue Y</i>			

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