



MARCH 2019 Group Exercise Class Schedule

Please allow 2-5 min. of transition time between classes

| | Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---------|-----------------------------|-------------------------------|----------------------|-------------------------------|-----------------------|----------------------|-----------------------|
| | | Group Exercise Studio | | | | | | |
| | 5:30am | BODYPUMP Greta | | BODYPUMP Greta | | BODYPUMP Greta | | |
| | 7:00am | FLEXIBLE & STRONG | | FLEXIBLE & STRONG | | FLEXIBLE & STRONG | | |
| | 8:00am | Zumba- Lisa | | | | Zumba-Lisa | | |
| | 9:00am | BODYPUMP Amy | ZUMBA TONING-KIT | BODY SCULPT | ZUMBA TONING-KIT | BODYPUMP AMY | BODYPUMP SET UP | |
| | 9:30AM | | | | | | BODYPUMP Tonya | |
| | 10:30am | SILVER SNEAKERS | | SILVER SNEAKERS | | SILVER SNEAKERS | ZUMBA J OR J KF | |
| | 11:00am | | FUN&MOTION CLAUDIA | | FUN&MOTION CLAUDIA | | ZUMBA 10:30/11:30 | |
| | 12:00pm | BODYPUMP Greta | | BODYPUMP Greta | | BODYPUMP SET UP | | |
| | 12:15PM | | | | | BODYPUMP Greta | | |
| | 3:00pm | 3-4:00PM BALLERINAS | | | 3-4:00PM BALLERINAS | | | Table Tennis 3-6PM |
| | 4:00pm | BALLERINAS | | ZUMBA JOENELLE | | TABLE TENNIS 4-7 | | |
| | 5:00pm | BODYPUMP SET UP | | BODYPUMP SET UP | | | | |
| | 5:30pm | BODYPUMP Tonya | Zumba CARLEE (KF) | BODYPUMP Tonya | Zumba CARLEE (KF) | | | |
| | 6:30pm | ZUMBA JOENELLE KF | ABS&BOOTY LAURA | | | | | |
| Yoga Studio | | | | | | | | |
| | Time | Monday | | Wednesday | Thursday | Friday | Saturday | |
| | 7:45am | | | | | PIYO LAURA | | |
| | 8:00am | | | PIYO LISA | | | | |
| | 8:30am | YOGA Barbara(1.5hrs) | | | YOGA Barbara(1.5hrs) | | | |
| | 9:00am | | PILATES | FUSION SUMMER | | FUSION SUMMER | PIYO LISA | |
| | 10:00am | | Stretch the Limits Claudia | | Stretch the Limits Claudia | | | |
| | 10:15am | FLEXIBILITY 10:15 Connie | | | | | | |
| | 10:30am | | | | | | | |
| | 5:30pm | BEG. Yoga Eric | PILATES TONYA | Beg. Yoga Eric | | | | |
| POOL IS RESERVED FOR PT M-F 10:30AM-11:30AM | | | | | | | | |
| Pool | | | | | | | | |
| | Time | Monday | Tuesday | Wednesday | Thursday | Friday | | |
| | 9:00am | Aquacise Leslie | Aquacise Leslie | | Aquacise Leslie | Aquacise Leslie | | |
| | 11:30am | | | | | POOL CLEANING 1 HR | | |
| | 5:30pm | | Aquacise Anna | | Aquacise Anna | | | |
| Spin | | | | | | | | |
| | Time | Monday | Tuesday | Wednesday | Thursday | Friday | | |
| | 5:00AM | | RACHEL | | RACHEL | | | |
| | 8:00AM | | CHRIS | | KIRK | | | |
| | 5:30PM | | | | | KIRK | | |
| | 6:30PM | PHOENIX | | | PHOENIX | | | |