



# MARCH GROUP FITNESS CLASS SCHEDULE

| MON  | TUE   | WED  | THUR   | FRI   | SAT   |
|--|---|--|--|---|---|
| <b>YOGA</b><br>6:00a-7:00a<br>Sara/Cathy               | <b>DIRTY 30</b><br>5:45a-6:15a<br>Camille                 | <b>YOGA</b><br>6:00a-7:00a<br>Sara/Cathy               | <b>DIRTY 30</b><br>5:45a-6:15a<br>Camille            | <b>YOGA</b><br>6:00a-7:00a<br>Sara/Cathy                  | <b>YOGA</b><br>7:30a-8:30a<br>Sara/Cathy              |
| <b>HITT</b><br>7:30a-8:15a<br>Allison                  | <b>WARRIOR CROSS TRAIN</b><br>8:30a-9:15a<br>Megan        | <b>BARRE</b><br>8:30a-9:15a<br>Meghan                  | <b>WARRIOR CROSS TRAIN</b><br>8:30a-9:15a<br>Allison | <b>TABATA BOOT CAMP</b><br>7:30a-8:15a<br>Mary            | <b>BOXING CONDITIONING</b><br>8:15a-9:00a<br>Michelle |
| <b>BARRE</b><br>8:30a-9:15a<br>Meghan                  | <b>GET FIT</b><br>8:45a-9:30a<br>Sam                      | <b>FIT TO FIGHT CANCER</b><br>8:30a-9:30a<br>Allison * | <b>GET FIT</b><br>8:45a-9:30a<br>Lisa                | <b>STEP</b><br>8:30a-9:15a<br>Meghan                      | <b>HIGH FITNESS</b><br>9:00a-9:45a<br>Lisa            |
| <b>Muscle Madness</b><br>8:30a-9:15a<br>Megan          | <b>FIT TO FIGHT PARKINSON'S</b><br>10:30a-12:00p<br>Cathy | <b>CYCLING</b><br>9:00a-9:45p<br>Judy                  | <b>TABATA</b><br>12:15p-1:00p<br>Beth/Allison        | <b>MUSCLE MADNESS</b><br>8:30a-9:15a<br>Megan             |   |
| <b>FIT TO FIGHT CANCER</b><br>8:30a-9:30a<br>Allison * | <b>YOGA</b><br>12:15p-12:45p<br>Cathy                     | <b>VINYASA FLOW YOGA</b><br>9:30a-10:30a<br>Meghan     | <b>BOXING</b><br>5:00p-6:00p<br>Riley                | <b>FIT TO FIGHT PARKINSON'S</b><br>10:30a-12:00p<br>Cathy |   |
| <b>VINYASA FLOW YOGA</b><br>9:30a-10:30a<br>Meghan     | <b>Sweat and Sculpt</b><br>12:15p-1:00p<br>Beth           | <b>PIYO</b><br>12:15p-1:00p<br>Beth                    | <b>RHYTHM RIDE</b><br>5:30p-6:15p<br>Rihannan        | <b>YOGA</b><br>12:15p-12:45p<br>Cathy                     |   |
| <b>MUSCLE MADNESS</b><br>12:15p-1:00p<br>Beth          | <b>BOXING</b><br>5:00p-6:00p<br>Riley                     | <b>HIGH FITNESS</b><br>5:30p-6:15p<br>Lisa             | <b>YOGA</b><br>5:30p-6:30p<br>Kelle                  | <b>Instructor Choice</b><br>12:15p-1:00p<br>Sam           |   |
| <b>MUSCLE TONE</b><br>5pm-5:30p<br>Jen O               | <b>MUSCLE MADNESS</b><br>5:15p-6:00p<br>Sam               |  | <b>BARRE</b><br>5:30p-6:15p<br>Meghan                |   |   |
| <b>Rhythm Ride</b><br>5:30p-6:15p<br>Rihannan          | <b>YOGA</b><br>5:30p-6:30p<br>Cathy                       |  |  |   |   |
| <b>CARDIO CIRCUITS</b><br>5:30p-6:00p<br>Jen O         | <b>KICK BOXING</b><br>6:00p-6:45p<br>Sam                  |  |  |   |   |
| <b>HIGH FITNESS</b><br>5:30p-6:15p<br>Lisa             |   |  |  |   |   |

- WELLNESS CENTER
- MULTI PURPOSE ROOM
- BFIT
- AEROBICS ROOM
- CYCLING ROOM
- GYM

REGISTRATION IS REQUIRED