

Group Fitness Schedule: March 2018



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am	Boot Camp (\$) (James)		Boot Camp (\$) (James)		Boot Camp (\$) (James)	
5:45am			Cycling (Amy)			
8:00am						Tone & Sculpt (Jen)
8:15am	Mat Pilates (Paula)		Mat Pilates (Paula)			
9:00am	Cycling (Amy)					Cycling (Brandy)
9:30am	Senior Fit/Silver Sneakers (Kristin)		Senior Fit/Silver Sneakers (Kristin)		Senior Fit/Silver Sneakers (Kristin)	
10:00am						Total Body Fitness (Tara)
12:00pm	Ab Blast (Cody)	Step Fitness (Kristin)	Full Body Blitz (Cody)	Total Body Fitness (James)		
5:30pm	Inferno 30 (Kristin)	Yoga (Pam) Cycling (Susie)	Total Body Fitness (Tara)	Yoga (Pam) Cycling (Susie)		
6:00pm		Boot Camp (\$) (James)		Boot Camp (\$) (James)		

- Classes marked with a "\$" required an additional fee.
- March schedule begins 3/5/18
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