

# MARCH FITNESS CLASS SCHEDULE

**SCHEDULE SUBJECT TO CHANGE.** - Appointments are not necessary to attend fitness classes.

Kids Corner



Childcare Available: Monday-Sat AM: 08:00-12:00pm / Monday-Thursday PM: 4:00-7:00pm

TIME:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:45am		Power Sculpt 45 mins (Rebecca)		BODYPUMP 45 mins (Kirsten T)		
8:00am						*Switch-Up class
8:00am		BODYPUMP 45 mins (Michelle S)				Cycling (Variety)
8:15am	Cycling (Cynthia)		Cycling (Jannah)		Cycling (Cynthia)	
9:00am	Pickleball Open Play 9-11am		Pickleball Workshop (Joe & Lisa)		Y Strength (Mary) Functional Fitness area	Pickleball Workshop (AI)
9:00am	BODYPUMP (Kirsten T)	SOULfusion (Ciera)	Power Sculpt (Jennifer)	Piyo (Allison)	Zumba (Amy)	*Switch-Up class
9:00am		Cycling/9:45 AbLab (Mary)		Cycling/9:45 AbLab (Mary)		
10:00am		Pickleball Open Play 10am-12		Pickleball Open Play 10am-12		
10:00am	BarreFusion (Ciera)	Mat Pilates (Bobbie)		Mat Pilates (KirstenS)	Mat Pilates (Bobbie)	
10:30am			Yoga (Ester)			Yoga (Variety)
11:00am	Yoga (Ester)	Strength & Balance (Sally)		Strength & Balance (Sally)	Yoga (Ester)	
12:00pm				Mindful Movement (Andreea)		
4:00pm				*Pickleball Workshop (AI)		
4:30pm	Zumba (Donna)	Zumba (Irene)	SOULstrength (Allison)	*Zumba (Kristin)		
5:30pm	Power Sculpt (Mary)	BODYPUMP (Jen)	*Zumba (Lindsay)	*BODYPUMP (Jannah)	*Switch-Up class	
5:30pm	Cycling (Jannah/Jamilia)		*Cycling (Gina)			
6:30pm	Body Combat (Karin)		BODYPUMP (Teresa)			
6:45pm		Yoga (Nicole)		Yoga (Nicole)		

\*SWITCH-UP CLASS-This class rotates instructors & formats each week.