



March Fri & Sat Switch Up Classes

Sat - March 1st

8:00 Cycling-Mary
8:00 Step - Robin
9:00 Aqua Fit-Erica
9:00 Mindful Mvmt-Andreea
10:30 Yoga-Ester

Fri - March 7th

5:30pm Sports Conditioning
with-Jennifer W.

Sat - March 8th

**9:00 Cycling-CAMPAIGN
FUNDRAISER with Mary**
8:00 Mindful Mvmt - Andreea
9:00 Aqua Fit-
9:00 Body Combat-Karin
10:30 Yoga-Kellie

Fri - March 14th

5:30pm Zumba-Donna

Sat - March 15th

8:00 Cycling-Kristin M.
8:00 No Class
9:00 Aqua Fit-
9:00 Zumba-Kristin B.
10:30 Yoga-

Fri -March 21st

5:30pm Body Combat - Karin

Sat - March 22nd

8:00 Cycling-Mary
8:00 Step - Robin
9:00 Aqua Fit-Erica
9:00 Zumba-Amy
10:30 Yoga-Nicole

Fri - March 28th

5:30 - Mindful Mvmt-Andreea

Sat - March 29th

8:00 Cycling -Monica
8:00 Zumba - Kristin B.
9:00 Aqua Fit - Erica
9:00 Body Balance - Karin
10:30 Yoga - Ysabel