



March Saturday Switch Up Classes

Sat—March 7th

8:00 Zumba—Kristin B
8:15 Cycle—Kristin M
9:00 Aqua—Erica
9:00 Body Balance—Karin
10:30 Yoga-Nicole

Sat-March 14th

8:00 Qi Gong—Therese
8:15 Cycle—Michelle
9:00 Aqua—Ester
9:00 Zumba—Yana
10:30 Yoga—Kim

Sat-March 21st

8:00 Body Pump—Kim
9:00 Cycle—Fundraiser with Mary in Activities Room
Class is at 9am and runs 90 minutes for this week only!
9:00 Aqua-Erica
9:00 Body Combat—Karin
10:30 Yoga—Ysabel

Sat-March 28th

8:00 Step—Robin
8:15 Cycle—Kim
9:00 Aqua Erica
9:00 Zumba—Lindsay
10:30 Yoga—Kim