



GROUP FITNESS SCHEDULE

March 1st to March 31st



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Ride & Shine w/Lisa *** 5:30am-6:25 CR	Boot Camp w/Brooke *** 5:30am-6:25 AC	Ride & Shine w/Lisa *** 5:30am-6:25 CR	Boot Camp w/Brooke *** 5:30am-6:25 AC	Core HIIT w/Lisa *** 5:30am-6:25 AC	
	Silver Sneakers w/Carol * 8:00am-8:50 AC	Cross Training w/Tracy *** 5:45am-6:30 AG	Silver Sneakers w/Carol * 8:00am-8:50 AC	Cross Training w/Tracy *** 5:45am-6:30 AG		
	Boot Camp w/Christinia *** 9:00am-9:55 AC	Step & Tone w/Julie/Carol * 8:30am-8:55 AC	Boot Camp w/Christinia *** 9:00am-9:55 AC	Step & Tone w/Julie/Carol * 8:30am-8:55 A	Silver Toning w/Julie * 8:00am-8:50 AC	
	Silver Cardio w/Julie/Carol * 9:00am-9:45 RR	Total Body Challenge *** w/Christinia 9:00am-9:55 AC	Silver Cardio w/Julie/Carol * 9:00am-9:45 RR	Total Body Challenge *** w/Christinia 9:00am-9:55 AC	Silver Cardio w/Julie * 9:00am-9:45 RR	
	Yoga w/Holly * 10:00am-10:55 RR	Pilates w/Carol * 9:00am-9:55 RR	Yoga w/Tammy * 10:00am-10:55 RR	Pilates w/Carol * 9:00am-9:55 RR	Extreme Core & Fat Blaster *** w/Christina 9:00am-9:55 AC	L.I.F.E. Toning w/Alison * 9:00am-9:55 AC
	Cardio Kickboxing w/Brooke ** 10:00am-10:55 AC	Hip-Hop Dance w/Sasha ** 10:00am-10:55 AC	Cardio Kickboxing w/Brooke ** 10:00am-10:55 AC	Hip-Hop Dance w/Sasha ** 10:00am-10:55 AC	Toning w/Christina ** 10:00am-10:55 AC	Zumba w/Alison ** 10:00am-10:55 AC
				Silver Sneakers w/Carol * 10:00am-10:55 RR	Pilates w/Tammy * 10:00am-10:55 RR	Yoga * w/Evelyn 10:00am-10:55 RR No Class Mar 23rd
	Belly-Butts-Thighs w/Sasha *** 11:00am-11:55 AC	Cycle & Sculpt w/Brooke *** 11:00am-11:55 AC	Belly-Butts-Thighs w/Sasha *** 11:00am-11:55 AC	Cycle & Sculpt w/Brooke *** 11:00am-11:55 AC		
Yoga w/Evelyn * 2:00pm-2:55						
Body Sculpting w/Sasha *** 3:00pm-4:00 AC	Dance Fitness w/Christy ** 5:35pm-6:25 AC	Fit Barre w/Tammy ** 5:35pm-6:25 AC	Zumba w/Alison * 5:35pm-6:25 AC	#REMIXED w/Briana ** 5:35pm-6:25 AC		
	Yoga w/ Tammy * 5:30pm- 6:25 RR	Spin w/Kris *** 5:30pm-6:25 CR	Yoga w/ Holly * 5:30pm- 6:25 RR	Spin w/Kris *** 5:30pm-6:25 CR		
	Pilates Fusion * w/ Tammy 6:30pm-7:25 RR					
	Boot Camp w/Christinia *** 6:30pm-7:25 AC	Total Body Challenge *** w/Summer 6:30pm-7:25 AC	Boot Camp w/Alison *** 6:30pm-7:25 AC	Total Body Challenge *** w/Summer 6:30pm-7:25 AC		
						Intensity Level *Low **Moderate ***High



GROUP FITNESS SCHEDULE

March 1st to March 31st



AC- Aerobic Center RR- Recreation Room AG- Adult Gym CR- Cycle Room SD- SunDeck P- Pool