


# March Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday		
8:30am	Strong & Sweaty Anissa Studio A	HIIT Allison Large Gym	Group Power® Allison/Leslie Studio A	HIIT Leslie Large Gym	Sculpt & Tone Anissa Studio A		
9:30am	Pilates Allison Studio A	Group Cycle Leslie Cycle Studio	Zumba® Sandee Studio A	Group Cycle Leslie Cycle Studio	Yoga Cathy Studio A		
	Zumba® Sandee Large Gym	Zumba Gold Toning® Sandee Studio A	Aqua Boot Camp Carol Pool	Aqua Zumba® Sandee Pool	Aqua Zumba® Sandee Pool		
	Aqua Mix Carol Pool	Candlelight Yoga Myrna Studio A	Flow Yoga Cathy Studio A	Gentle Candlelight Yoga Missy Studio A	Aqua Mix Allison Pool		
10:30am	Group Power® Allison Studio A	Aqua Mix Allison Pool	Tai Chi Flow Sandee Studio A	Aqua Mix Christina Pool	Group Power® Leslie Studio A		
	Aqua Zumba® Viktoria Pool	SilverSneakers® Classic Allison Studio A	Flow Yoga II Cathy Studio A	SilverSneakers® Classic Christina Studio A	SilverSneakers® Circuit Allison Studio A		
11:45am	SilverSneakers® Classic Wendy Studio A	Group Groove® Marybeth Studio A		Group Cycle (45mins) Dana Cycle Studio	<b>Saturday</b>		
	Pedal & Pilates Allison Cycle Studio	Basic Step Becky Studio A		Group Groove® Marybeth Studio A		8:15am Group Cycle Dana Cycle Studio	
12:30pm	Chair Yoga (30mins) Sandee Studio A	<div data-bbox="373 1281 812 1554" style="border: 1px solid black; padding: 5px;"> <p>Group Power classes are limited to 23 participants. Please get a card from front desk. Cards will be available 1 hour before</p> </div> <div data-bbox="860 1428 1266 1680" style="border: 1px solid black; padding: 5px;"> <p><b>Pickleball</b> Tues/Thurs @9:30am - 12:30pm Gym Outside courts open for play any time the facility is open</p> </div> <div data-bbox="341 1680 1153 1827" style="border: 1px solid black; padding: 5px;"> <p>Children 10 and up are permitted to participate in Group Exercise classes with a parent. However, children must be 13 to participate in Group Power and Group Cycle classes.</p> </div>		Group Power® Dana Studio A	8:30am Sculpt & Tone (NO CLASS 3/8) Anissa Studio A		
5:30pm	Group Power® Dana Studio A					6:35pm	9:30am Aqua Mix Christina Pool
6:35pm	Group Cycle (45mins) Dana Cycle Studio						9:30am Group Power® (NO CLASS 3/8) Dana Studio A
	Flow Yoga Cathy Studio A				10:35am Basic Step (NO CLASS 3/8) Becky Studio A		
					12:00pm Salsa, Bachata (NO CLASS 3/8) Adam Studio A		