

March Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30am	Strong & Sweaty Anissa Studio A	HIIT Allison Large Gym	Group Power® Allison Studio A	HIIT Leslie Large Gym	Sculpt & Tone Anissa Studio A
9:30am	CoreFusion Staff Studio A	Group Cycle Allison Cycle Studio	Zumba® Nickie Studio A	Group Cycle Leslie Cycle Studio	Deep Stretch Yoga Cathy Studio A
	Zumba® Viktoria Large Gym	Zumba Gold® Nickie Studio A	Aqua Boot Camp Carol Pool	Aqua Zumba® Viktoria Pool	Aqua Dance Missy W Pool
	Aqua Mix Carol Pool	Gentle Candlelight Yoga Myrna Studio A	Aqua Mix Allison Pool	Candlelight Yoga Missy C Studio A	Aqua Mix Christina Pool
10:30am	Group Power® Leslie Studio A	Aqua Mix Christina Pool	Flow Yoga Cathy Studio A	Aqua Mix Christina Pool	Group Power® Leslie Studio A
	Aqua Zumba® Viktoria Pool	Active for Life Christina Studio A	Stronger Longer Allison Studio A	Active for Life Christina Studio A	Tai Chi Flow Sandee Studio A
11:45am	Active for Life Wendy Studio A	Zumba® Stacey Studio A	Aqua Mix Corissa Pool	Group Cycle (45mins) Dana Cycle Studio	Saturday
12:30pm	Chair Yoga Sandee Studio A	Step Becky Studio A	Flow Yoga Cathy Studio A	Zumba® Viktoria Studio A	
5:30pm	Group Power® Dana Studio A			Group Power® Dana Studio A	
6:35pm	Group Cycle (45mins) Dana Cycle Studio			<p>Group Power classes are limited to 23 participants. Please get a card from front desk. Cards will be available 1 hour before class.</p>	<p>Pickleball Tue/Thurs @9:30am - 12:30pm Gym</p>
	Flow Yoga Cathy Studio A	8:30am Sculpt & Tone Anissa Studio A			
9:30am					Aqua Mix Christina/Missy W Pool
					Group Power® Dana Studio A
10:35am					Step Becky Studio A
11:35am					Salsa, Bachata Adam Studio A

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.

Find this schedule & other info
www.gapiedmontymca.org
770-868-2917