



March Class Schedule

Cardio & Strength						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM		Power Fit Heather 5:30-6:30 AM		Power Fit Heather 5:30-6:30 AM		
	Step Kelly 8:10-9:10 AM		Cardio Rotates 8:10-9:10 AM		Step Kelly 8:10-9:10 AM	Heated Strength & Conditioning Kelly/Karyn 8:15 - 9:00 AM
		Power Fit Kristina 9:15-10:15 AM		Power Fit Kristina 9:15-10:15 AM		Power Fit Rotates 9:15-10:15 AM
PM	Strength & Conditioning Laurie 4:30-5:15 PM		Strength & Conditioning Laurie 4:30-5:15 PM			
	Cardio Blast Karyn 5:30-6:30 PM	Power Fit Rotates 5:35-6:35 PM		HIIT/Cardio Kelly/Karyn 5:15-6:00 PM		
				Zumba Cindy 6:15-7:00 PM		

Yoga & Pilates						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Pilates Connie 8:00-9:00 AM	Yoga Connie 8:00-9:00 AM	Pilates Judy/Connie 8:00-9:00 AM		Pilates Judy 8:00-9:00 AM	
	Yoga Judy 9:15-10:15 AM	Yoga Jondrea 9:15-10:15 AM	Yoga Connie 9:15-10:15 AM	Yoga Judy 9:15-10:15 AM	Yoga Jondrea 9:15-10:15 AM	Yoga Rotates 9:15-10:15 AM
		Chair Yoga Lucinda 10:30-11:30 AM	Mindfulness/Meditation Athena 10:30-11:30 AM	Chair Yoga Judy 10:30-11:30 AM		
PM		Yoga Kristi 5:30-6:30 PM	Specialty Yoga Rotates 5:30-6:30 PM	Heated Yoga Kristi 5:30-6:30 PM		

Spin						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Spin Lori 5:30-6:15 AM	Spin Melissa 5:30-6:15 AM	Spin Stephanie 5:30-6:15 AM		Spin Lori 5:30-6:15 AM	
						Spin Rotates 8:05-9:05 AM
		Spin Morgan 9:30-10:15 AM		Spin Karen 9:30-10:15 AM		
PM	Spin Laura 5:35-6:20 PM		Spin Lori 5:35-6:20 PM			