



# FITNESS SCHEDULE

# MARCH 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15am - 6:15am		<b>SPIN &amp; STRETCH</b> Stephanie		<b>SPIN &amp; STRETCH</b> Stephanie		
6:00am - 7:00am				<b>YOGA</b> Amy		<b>INSANITY</b> 6:15am-7:00am
8:00am-9:00am	<b>PILATES</b> Marci	<b>ZUMBA gold</b> Marci		<b>ZUMBA FITNESS</b> Matt		<b>ZUMBA FITNESS</b> Marci
9:00am - 10:00am	<b>ZUMBA toning</b> Marci	<b>Total Body Workout</b> Beverly	<b>Abs &amp; Strength</b> Beverly	<b>Total Body Workout</b> Beverly	<b>YOGA</b> BEGINNERS LEVEL Shannon	<b>Hot Yoga Flow</b> 9:00-10:15 Shannon
10:00am - 11:00am	<b>Silver Sneakers</b> 10:15-11:15	<b>Senior Fit</b> Beverly	<b>Senior Fit</b> Beverly	<b>Silver Sneakers</b> Beverly	<b>Silver Sneakers</b> 10:15-11:15	
11:00am-12:15pm		<b>CHAIR YOGA</b> 11:00-12:00PM	<b>YOGA</b> BEGINNERS LEVEL Shannon			
5:30pm-6:30pm	<b>ZUMBA toning</b> Marci	<b>SPINNING</b> Adrienne	<b>PILATES</b> Marci	<b>TOTAL BODY</b> Jennifer	<b>ZUMBA toning</b> Marci	
6:00pm-7:00pm	<b>AERIAL YOGA</b> LEVEL 1 (upstairs) Shannon	<b>YOGA</b> ALL LEVELS 6:30-7:45pm Shannon	<b>ZUMBA FITNESS</b> 6:45-7:45pm Marci	<b>YOGA</b> ALL LEVELS 6:30-7:45pm Shannon	<b>Fitness Hours:</b> Mon.-Thur. 5am - 8:00pm Fri. 5am - 6:30pm Sat. 8:00am - 12:00pm Sun. 24/7 Access Only  <b>Day Care Hours:</b> Mon-Fri 8:00am- 10:00am Mon-Thurs 5:00pm - 8:00pm Fri 5:30pm - 6:30pm	

**CELEBRATE THE PROGRESS**

# PREMIUM CLASSES

## MARCH 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am - 7:00am	<b>TRX Marci</b> (Upstairs)  <b>BOOTCAMP</b> Tyrell		<b>TRX Marci</b> (Upstairs)  <b>BOOTCAMP</b> Tyrell		<b>BOOTCAMP</b> Tyrell	
7:00am-8:00am			<b>BOOTCAMP</b> Pedro			
8:00am-9:00am	<b>BOOTCAMP</b> Pedro  <b>BOOTCAMP</b> Tyrell		<b>BOOTCAMP</b> Pedro  <b>BOOTCAMP</b> Tyrell		<b>BOOTCAMP</b> Pedro  <b>BOOTCAMP</b> Tyrell	
10:30am-1:00pm						<b>AERIAL</b> Shannon
5:00pm-6:00pm	<b>BOOTCAMP</b> Pedro  <b>BOOTCAMP</b> Tyrell	<b>BOOTCAMP</b> Pedro	<b>BOOTCAMP</b> Tyrell	<b>BOOTCAMP</b> Pedro		
6:00pm-7:00pm	<b>MEMBERS AERIAL</b> Shannon				<b>AERIAL</b> Shannon	

