

Monday	Class	Room	Instr.
5:15-6:15am	Muscle Madness	AR	Monica
5:15-6:15am	Cycling*	CR	Jeanie
8:00-9:00am	Stretched & Balanced	WW	Brook
8:15-9:15am	Muscle Madness*	AR	Jo Ellen
9:00-10:00am	Cycling*	CR	Deanna
9:15-9:45am	Cardio Blast	AR	Tammy
9:45-10:15am	Power Core	AR	Tammy
9:30-10:30am	Zumba	Gym	Honey
9:30-10:30am	Splash	Pool	Calisse
10:15-11:15am	PiYo	AR	Jody Lee
11:15-12:15pm	Yoga*	CR	Cathie
11:15-12:15pm	Forever Fit *	AR	Calisse
12:30-1:30pm	Gentle Fitness*	AR	Sharon
1:30-2:30pm	SilverSneakers Classic	AR	Micki
5:00-6:00 pm	Zumba	AR	Amy Mit.
5:30-6:30pm	Cycling*	CR	Mark
6:00-6:30pm	Step It Up*	AR	Karen
6:30-7:15pm	Muscle Madness*	AR	Karen
6:30-7:30pm	Yoga	CR	Jackie

Tuesday	Class	Room	Instr.
5:15-6:15am	Total Body Blitz	AR	Monica
<b>7:30-8:30am</b>	<b>Muscle Madness</b>	<b>AR</b>	<b>Deanna</b>
8:30-9:30am	Yoga	WW	Melinda
<b>8:30-9:30am</b>	<b>Cycling*</b>	<b>CR</b>	<b>Amy M.</b>
9:00-10:00am	Muscle Madness*	AR	Amey S.
9:30-10:30am	Splash	Pool	Paula
<b>9:45-10:45am</b>	<b>Pilates</b>	<b>CR</b>	<b>Amy M.</b>
10:00-10:30am	Cardio Blast	AR	Jody Lee
10:30-11:15am	Upper Cuts & Core	AR	Jody Lee
11:15-12:15pm	Forever Fit—Level 2*	AR	Andrea
12:30-1:15pm	Forever Fit-Level 3	AR	Andrea
5:00-6:00pm	PiYo	AR	Emily
6:00-7:00pm	Step It Up	AR	Terri
6:30-7:30pm	Pilates	CR	Carla
7:00-8:00pm	Zumba	AR	Shelly/ Honey

Wednesday	Class	Room	Instr.
5:15-6:15am	Cycling*	CR	Jeanie
5:15-6:15am	Yoga	WW	Frieda
8:30-9:30am	Deep Water Challenge	Pool	Nancy
8:45-9:15am	Below the Belt	AR	Jody Lee
9:00-10:00am	Cycling*	CR	Deanna
9:15-10:00am	Cardio Kickboxing	AR	Amey S.
9:30-10:30am	Zumba	Gym	Amy Mit.
9:30-10:30am	Stretched & Balanced	WW	Jody Lee
10:00-11:00am	Total Body Blitz	AR	Nancy
11:15-12:15pm	Yoga*	WW	Cathie
11:15-12:15pm	Forever Fit*	AR	Melinda
12:30-1:30pm	Gentle Fitness*	AR	Sharon
5:00-6:00pm	Muscle Madness	AR	Lise
5:30-6:30pm	Cycling*	CR	DeDee
6:00-7:00pm	Reb3l Groove	AR	Kyoko
6:30-7:30pm	Yoga	WW	Jackie



*We hope you are enjoying our wonderful fitness classes!*

While we would love to be able to accommodate everyone in every class, we do have limited space and/or equipment requiring class passes for many classes.

Our goals in establishing our class pass guidelines is to fairly & safely accommodate participants.

We will continue to monitor and work with instructors to determine whether a class requires passes.

*We appreciate your cooperation and understanding.*

Thursday	Class	Room	Instr.
5:15-6:00am	Yoga Sculpt	AR	Frieda
7:30-8:30am	Muscle Madness	AR	Brook
8:30-9:30am	Cross Cycle*	CR	Amy M.
8:30-9:30am	Yoga	WW	Melinda
9:00-10:00am	Step It Up	AR	Jody Lee
9:30-10:30am	Splash	Pool	Paula
<b>9:45-10:45am</b>	<b>Pilates</b>	<b>CR</b>	<b>Amy M.</b>
10:00-11:00am	Muscle Madness	AR	Jody Lee
11:15-12:15pm	Forever Fit-Level 2*	AR	Andrea
4:45-5:30pm	Yoga Express	AR	Jackie
5:30-6:30pm	Kickboxing	AR	Amey S.
6:30-7:30pm	Zumba Toning	AR	Honey
6:45-7:30pm	Splash	Pool	Calisse



Changes from the previous month's schedule are indicated in bold/underline.

All Yoga, Pilates, PiYo, Stretched & Balanced classes will begin on time & doors locked immediately to avoid disruption & safety issues.

Room Legend -AR-Aerobics /CR-Cycling/ WW -Wagon Wheel

Friday	Class	Room	Instr.
5:15-6:15am	Cycling*	CR	Jody
5:15-6:15am	Total Body Blitz	AR	Emily
8:15-9:15am	Muscle Madness	AR	Carla
9:00-10:00am	Cycling*	CR	Jo Ellen
9:15-9:45am	Power Core	AR	Carla
9:30-10:30am	Splash	Pool	Terri
9:30-10:30am	Zumba	Gym	Amy Mit.
10:00-11:00am	PiYo	AR	Amey S.
11:15-12:15pm	Yoga*	AR	Cathie
12:30-1:30pm	Gentle Fitness*	AR	Sharon
1:30-2:30pm	SilverSneakers Classic	AR	Micki

## Friday "Happy Hour Series"

**5:15-6:15 pm**

Mar 6th	PiYo (AR)	Jody Lee
Mar 13th	Cycling* (CR)	Shannon
Mar 20th	Yoga (AR)	Cathie
Mar 27th	Reb3I Groove (AR)	Kyoko

\*Class Pass Required

Saturday	Class	Room	Instr.
8:00-9:00am	Total Body Blitz*	AR	Brook
8:30-9:30am	Stretched & Balanced*	WW	Deanna
9:00-10:00am	Cycling*	CR	DeDee
9:00-10:00am	Cardio Kickboxing	AR	Amey S.
9:45-10:45am	Pilates*	WW	Brook
10:00-11:00am	Muscle Madness*	AR	Amanda
11am-12:00pm	Step It Up	AR	Amanda

**\*Class Pass Required**– Pick up at Front Desk no earlier than 1 hour before the start of class. If you leave a class to go get a pass for the next class you may not return to first class as this is a disruption to everyone in class.

**Please hold on to your pass until the instructor collects them at the start of class.**