

MARCH 2025 - GROUP FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					8:30 Spin 30- Liz  9:00 Pumped 30- Liz
3	4	5	6	7	8
5:15- Cardio + Core- Tessa 8:15- Barre - Bri 9:15- Chair Yoga- Brittany 10:15- PWR4LIFE- Brittany 4:30- Express Circuit - Staff 5:30-Pumped-Liz 6:30- Yoga- Melissa	5:15- Full Body Strength- Angela 8:15- Cardio Xpress 30- Shayla 9:15-Silversneakers-Linda 10:15-PWR4LIFE-Linda 4:30- Boxercise- Carol 5:30- Line Dance- Carol	NO MORNING CLASSES PARKINSONS CLINIC  4:30- Line Dance- Carol 5:30- Spin 45- Liz	5:15- Barre- Carol 8:15- Pilates- Shayla 9:15- Balance- Bri 10:15- PWR4Life -Bri 4:30- Pumped- Liz 5:30- Yin Yoga- Liz	5:15- Stretch + Recovery- Carol 8:15- Mixed Circuit- Angela 9:15-Silversneakers-Angela 10:30 PWR4LIFE- Bri 12:00-Pumped 45-Liz	8:30 Spin 30- Liz  9:00 Pumped 30- Liz
10	11	12	13	14	15
5:15- Cardio + Core- Tessa 8:15- Barre - Bri 9:15- Chair Yoga- Brittany 10:15- PWR4LIFE- Brittany 4:30- Express Circuit - Staff 5:30-Pumped-Liz 6:30- Yoga- Melissa	5:15- Full Body Strength- Angela 8:15- Cardio Xpress 30- Shayla 9:15-Silversneakers-Linda 10:15-PWR4LIFE-Linda 4:30- Boxercise- Carol 5:30- Line Dance- Carol	5:15-Balance + Mobility- Angela 8:15- Build- Full Body- Addison 9:15-Silver Strong- Bri 10:30-PWR4Life- Leigh 4:30- Line Dance- Carol 5:30- Spin 45- Liz	5:15- Barre-Carol 8:15- Spin + Strength- Carol 9:15- Balance- Bri 10:15- PWR4Life -Bri 4:30- Pumped- Liz 5:30- Yin Yoga- Liz	5:15- Stretch + Recovery- Angela 8:15- Mixed Circuit- Angela 9:15-Silversneakers-Angela 10:30 PWR4LIFE- Bri 12:00-Pumped 45-Liz	8:30 Spin 30- Liz  9:00 Pumped 30- Liz
17	18	19	20	21	22
5:15- Cardio + Core- Tessa 8:15- Barre - Bri 9:15- Chair Yoga- Angela 10:15- PWR4LIFE- Angela 4:30- Express Circuit - Staff 5:30-Pumped-Liz 6:30- Yoga- Melissa	5:15- Full Body Strength- Angela 8:15- Cardio Xpress 30- Shayla 9:15-Silversneakers-Linda 10:15-PWR4LIFE-Linda 4:30- Boxercise- Carol 5:30- Line Dance- Carol	5:15-Balance + Mobility- Angela 8:15- Build- Full Body- Addison 9:15-Silver Strong- Bri 10:30-PWR4Life- Leigh 4:30- Line Dance- Carol 5:30- Spin 45- Liz	5:15- Barre- Carol 8:15- Pilates- Shayla 9:15- Balance- Bri 10:15- PWR4Life -Bri 4:30- Pumped- Liz 5:30- Yin Yoga- Liz	5:15- Stretch + Recovery- Linda 8:15- Mixed Circuit- Angela 9:15-Silversneakers-Angela 10:30 PWR4LIFE- Angela 12:00-Pumped 45-Liz	8:30 Spin 30- Liz  9:00 Pumped 30- Liz
24	25	26	27	28	29
5:15- Cardio + Core- Tessa 8:15- Pumped- Liz 9:15- Chair Yoga- Brittany 10:15- PWR4LIFE- Brittany 4:30- Express Circuit - Staff 5:30-Pumped-Liz 6:30- Yoga- NO CLASS	5:15- Full Body Strength- Angela 8:15- Cardio Xpress 30- Angela 9:15-Silversneakers-Linda 10:15-PWR4LIFE-Linda 4:30- Boxercise- Addison 5:30- Line Dance- Addison	5:15-Balance + Mobility- Angela 8:15- Build- Full Body- Addison 9:15-Silver Strong- Linda 10:30-PWR4Life- Linda 4:30- Line Dance- Carol 5:30- Spin 45- Liz	5:15- Barre- Carol 8:15- Spin & Strength- Carol 9:15- Balance- Angela 10:15- PWR4Life - Angela 4:30- Pumped- Liz 5:30- Yin Yoga- Liz	5:15- Stretch + Recovery- Tessa 8:15- Barre- Bri 9:15-Silversneakers-Angela 10:30 PWR4LIFE- Bri 12:00-Pumped 45-Liz	8:30 Spin 30- Liz  9:00 Pumped 30- Liz
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