

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
8:30a	RIP WANDA	POW R ST P WANDA	RIP WANDA	KICKBOXING WANDA	RIP WANDA		MARCH	
9:00		MORNING MIX-UP KATIE		MORNING MIX-UP KATIE	9:30 CROSS-TREAD with KATIE	9:05	RIP	
10:00	ZUMBA MARIA		ZUMBA MARIA	SR CHAIR EXERCISE 10:15 KELLEY	DNCENOW JPow		GYM WILL BE CLOSED SUPER SATURDAY, MARCH 17. PLEASE ENJOY THE ST. PATRICK'S ACTIVITIES WITH YOUR FAMILY.	
11:15	SR CHAIR EXERCISE KELLEY							
4:30p	ReAct SHELLY	RIP RUTHELLEN	ReAct RUTHELLEN	RIP RUTHELLEN				
5:30p	RIP JENNIFER	POW R ST P WANDA	SUPERSET CHRISTY	CIRCUIT TRAINING JENNIFER				
6:00		AB ATTACK JENNIFER						
6:30			J Pow >	DNCENOW	NEW < BEGINS MARCH 8TH!			

Cycling Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
9:30	REV30 KATIE							
4:30	REV60 RUTHELLEN					10:00a	REV60	
5:30		REV60 RUTHELLEN						

Yoga Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
7:00a		YOGA TAYLOR						
10:00 a	TRANSFORM KELLY	YOGALATES KATIE		YOGALATES KATIE		9:05a	YOGA TAYLOR	
11:00 a	FUSION MARIA		FUSION MARIA			10:15	Beginner YOGA TAYLOR	
6:00P				YOGA TAYLOR				

Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
8:30a					AQUA stretch KATIE			
9:00	WATER IN MOTION KELLY	WATER IN MOTION KELLY		WATER IN MOTION KELLY				