



# Group Fitness Schedule

## MARCH

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Fitness Classes FREE for Members  
Open to Community with Day Pass

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bootcamp/HIIT 5:15-6 am Group Led in FT	Body Pump 5:15-6:15 am Dawn	Bootcamp/HIIT 5:15-6:00 am Group Led in FT	Body Pump 5:15-6:15am Dawn	Bootcamp/HIIT 5:15-6 am Group Led in FT	Body Pump 8-9 am Rotation	
Cardio Barre 5:15-6:00 am Dawn G	Cycling 5:30-6:30 am Dawn	Barre Fusion 5:15- 6:00 am Dawn G	Zumba Gold 8:30-9:10 am Julie	Warrior Workout 5:15-6:15 am Dawn G	W.O.W 9-9:45 am Tammie	
Cycling 6:00- 7:00 am Dawn	Power Fusion 9:15-10:15 am Monika	Cycling 6:00- 7:00 am Dawn	All Levels Vinyasa Yoga 9:15-10:15am Angel	Cycling 6:00- 7:00 am Dawn	Cycling 9:15-10:15 am Rotation	
Senior Fitness 830-9:10 am Robin N	Water Aerobics 9:00 – 10:00 am Marge Classen	Senior Fitness 830-9:10 am Robin N	Water Aerobics 9:00 – 10:00 am Rotation	Senior Fitness 8:30-9:10am Robin N	Pound 9:30-10:30a Candace	
Water Aerobics 9:00 – 10:00 am Marge Classen	Silver Sneakers 10:30-11:15 am Robin/Jo	Water Aerobics 9:00 – 10:00 am Irene Babcook	Silver Sneakers 10:30-11:15 am Angel	Water Aerobics 9:00 – 10:00 am Rotation		
High Fitness 9:15-10:15 am Darci	Strength Express 12-12:45 pm Amanda	W.O.W 9:00 – 10:00 am Tammie	Yoga Basics 11:30-12pm Angel	Spin Fit 9:15-10:15 am Amanda		
Delay The Disease 10:30-11:30am Robin	HIGH Fitness 5:30 – 6:20 pm Darci	Cardio & Strength 9:15-10:15 am Amanda	Spin-trevals 12-12:30pm Amanda	Express Workout 12-12:30 pm Amanda		
Tabata Fusion 12-12:30pm Kara	Aquatic Bootcamp 5:30 – 6:30pm Kim	Delay The Disease 10:30-11:30am Robin	HIIT 12:30-1:00pm Amanda			
Vin – Yin Yoga 4:15- 5:05pm Angel	Cycling 5:30-6:30 pm Bob	Bootcamp/HIIT 12-12:30 pm Kara	Body Pump 5:15-6:15 pm Tina			
POUND 5:15-6:05pm Candace	Vinyasa Flow 6:35-7:35pm Kristin	Zumba 5:15-6 pm Andrea	Aquatic Bootcamp 5:30 – 6:30pm Kim			
Cycling 5:30-6:30 pm Angi		Full Body Workout 6:10-6:40 pm Becky	Cycling 5:30-6:30 pm Bob			
Full Body Workout 6:10-6:40pm Becky			Shine 6:25 – 7:15pm Julie			