

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
7:30-8:30am	Muscle Madness	AR	Deanna
8:30-9:30am	Yoga	WW	Melinda
8:30-9:30am	Cyling*	CR	Amy M.
9:00-10:00am	Muscle Madness*	AR	Amey S.
9:30-10:30am	Splash	Pool	Paula
9:45-10:45am	Pilates	CR	Amy M.
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
9:45-10:45am	Pilates	CR	Amy M.
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

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

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

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.