

MARCH 2018 SCHEDULE

Group Ex / Indoor Cycle Schedule - Good through March 17, 2018

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM			5:45-6:30 Indoor Cycling - Willa	5:45-6:30 Indoor Cycling - Andy			
6:00 AM						6:30-7 Express Indoor Cycling - Beth	
7:00 AM						7:15-7:45 Xpress Strength - Beth	7:45-8:45 Hatha Yoga - Nancy B
8:00 AM	8-8:45 Indoor Cycling - Willa	8-8:45 Indoor Cycling - Lisa	8-8:55 Step & Strength - Pam	8-8:50 Barre & Mat - Betsy	8-8:55 Drum-Fit & Conditioning - Pam	8-8:55 Barre Fusion - Beth	8:30-9:15 Indoor Cycling - Debra/Maria
9:00 AM	9-10 Indoor Cycling - Michelle 9-9:55 Zumba - Heather/April	9-10 Total Body Conditioning - Lisa 9:30-10:15 Indoor Cycling - Dave	9-9:45 Indoor Cycling - Beth 9-10 Functional Pilates - Susan	9-9:45 Indoor Cycling - Vicki 9-9:55 Total Body Conditioning - Loren	9-10 Indoor Cycling - Beth 9-9:55 Zumba - Juli	9-9:45 Indoor Cycling - Pam 9-9:55 Zumba Toning - Lisa K	9-9:55 Zumba - Val
10:00 AM	10-10:55 Pilates Mat - Allison	10-10:55 Pain Free Posture Yoga - Alan F	10-10:30 Flexibility Focus - Susan 10:30-11 Xpress Cycle - Terri 10:30-11:30 NIA Cardio Dance - Nancy	10-11 Zumba - Loren	10-11 Muscle Challenge - Jess	10:15-10:55 Silver Sneakers BOOM - Terri / Cochi	10-10:45 Indoor Cycling - Dave 10-10:55 Total Body Conditioning - Nicole
11:00 AM	11-12PM Kripalu Yoga - Andrea	11-11:45 Silver Sneakers - Lisa	11-11:45 Mobility Impaired - Regine/Michele (held off-site)	11:15-12pm Silver Sneakers - Terri	11-11:45 Mobility Impaired - Regine/Michele (held off-site)	11-12PM Tai Chi - Dave	
4:00 PM		4:15-5 Indoor Cycling - Pam	4-4:45 Dance & Barre - Suzanne	4:15-5 Indoor Cycling - Terri	4-4:45 Cardio Kick & Tone - Lisa		
5:00 PM		5-5:55 Total Body Conditioning - Nicole	5-5:55 Step & Strength - Jess	5-5:55 Yoga - Allison	5-5:55 Pain Free Posture Yoga - Alan F		
6:00 PM		6-6:45 Indoor Cycling - Maria 6-6:55 Yoga Basics - Alan F"	6-7 Indoor Cycling - Michelle 6-7 Zumba - April	6-7 Total Body Conditioning - Maria	6-6:45 Indoor Cycling - Susan 6-6:55 Zumba - Heather		
7:00 PM					7-8 Vinyasa Yoga - Julie		