



# March



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b> 6:00 – 6:45 CROSS TRAINING 6:45 – 7:00 STRETCHING VARIETY 9:15 – 10:15 EASY DOES IT 9:15 – 10:15 HEATED YOGA & ABS (BALCONY) 10:15 – 11:00 SENIOR STRETCH
<b>3</b> 	<b>4</b> 6:00 – 6:55 SPARTAN STRONG 9:15 – 10:15 EASY DOES IT 10:15 – 11:15 SENIORSTRETCH 4:15 – 5:15 FULL BODY FITNESS 5:30 – 6:30 PILATES 6:30 – 7:30 CARDIO KICKBOXING	<b>5</b> 5:00 – 5:45 TABATA 6:00 – 6:45 POUND 7:00 – 8:15 MUSCLE & MOVEMENT 8:15 – 9:00 YOGA BALL 9:15 – 10:15 HEATED YOGA & ABS (BALCONY) 9:00 – 10:00 SENIOR STRENGTH 10:00 – 11:00 CLASSIC YOGA 11:00 – 12:00 SILVER SNEAKERS 12:10 – 1:00 TABATA 4:15 – 5:15 SPIN CLASS 5:15 – 6:15 YOGA/PILATES 6:15 – 7:15 SPARTAN STRONG	<b>6</b> 6:00 – 6:55 SPARTAN STRONG 9:15 – 10:15 EASY DOES IT 10:15 – 11:15 SENIOR STRETCH 11:15 – 12:10 SILVER SNEAKERS 12:10 – 1:00 SPARTAN 1:30 – 3:00 LINE DANCING 4:15 – 5:15 FULL BODY FITNESS 5:30 – 6:30 PILATES 6:30 – 7:30 CARDIO KICKBOXING	<b>7</b> 5:00 – 5:45 TABATA 6:00 – 6:45 POUND 7:00 – 8:15 MUSCLE & MOVEMENT 8:15 – 9:00 YOGA BALL 9:00 – 10:00 SENIOR STRENGTH 10:00 – 11:00 CLASSIC YOGA 11:00 – 12:00 SILVER SNEAKERS 12:10 – 1:00 GUTS & BUTTS 4:15 – 5:15 SPIN CLASS 5:15 – 6:15 YOGO/PILATES 6:15 – 7:00 TABATA 7:00 – 9:00 LINE DANCING	<b>8</b> 5:00 – 5:55 PILATES 6:00 – 6:45 CROSS TRAINING 6:45 – 7:00 STRETCHING VARIETY 8:30 – 9:15 TABATA 9:15 – 10:15 EASY DOES IT 9:15 – 10:15 HEATED YOGA & ABS (BALCONY) 10:15 – 11:00 SENIOR STRETCH	<b>9</b> 8:30 – 9:30 YOGA (BALCONY) 8:30 – 9:25 MIX IT UP 9:30 – 10:30 GROUP CYCLING 10:45 – 11:30 PILATES
<b>10</b> 2:00 – 3:00 OULA 3:00 – 3:45 SPARTAN STRONG	<b>11</b> 5:00 – 5:55 PILATES 6:00 – 6:55 SPARTAN STRONG 9:15 – 10:15 EASY DOES IT 10:15 – 11:15 SENIORSTRETCH 11:15 – 12:15 SILVER SNEAKERS 12:10 – 1:00 Cross Training 4:15 – 5:15 FULL BODY FITNESS 5:30 – 6:30 PILATES 6:30 – 7:30 CARDIO KICKBOXING	<b>12</b> 5:00 – 5:45 TABATA 6:00 – 6:45 POUND 7:00 – 8:15 MUSCLE & MOVEMENT 8:15 – 9:00 YOGA BALL 9:15 – 10:15 HEATED YOGA & ABS (BALCONY) 9:00 – 10:00 SENIOR STRENGTH 10:00 – 11:00 CLASSIC YOGA 11:00 – 12:00 SILVER SNEAKERS 12:10 – 1:00 TABATA 4:15 – 5:15 SPIN CLASS 5:15 – 6:15 YOGA/PILATES 6:15 – 7:15 SPARTAN STRONG	<b>13</b> 6:00 – 6:55 SPARTAN STRONG 9:15 – 10:15 EASY DOES IT 10:15 – 11:15 SENIOR STRETCH 11:15 – 12:10 SILVER SNEAKERS 12:10 – 1:00 SPARTAN 1:30 – 3:00 LINE DANCING 4:15 – 5:15 FULL BODY FITNESS 5:30 – 6:30 PILATES 6:30 – 7:30 CARDIO KICKBOXING	<b>14</b> 5:00 – 5:45 TABATA 6:00 – 6:45 POUND 7:00 – 8:15 MUSCLE & MOVEMENT 8:15 – 9:00 YOGA BALL 9:00 – 10:00 SENIOR STRENGTH 10:00 – 11:00 CLASSIC YOGA 11:00 – 12:00 SILVER SNEAKERS 12:10 – 1:00 GUTS & BUTTS 4:15 – 5:15 SPIN CLASS 5:15 – 6:15 YOGO/PILATES 6:15 – 7:00 TABATA 7:00 – 9:00 LINE DANCING	<b>15</b> 5:00 – 5:55 PILATES 6:00 – 6:45 CROSS TRAINING 6:45 – 7:00 STRETCHING VARIETY 8:30 – 9:15 TABATA 9:15 – 10:15 EASY DOES IT 9:15 – 10:15 HEATED YOGA & ABS (BALCONY) 10:15 – 11:00 SENIOR STRETCH	<b>16</b> 8:30 – 9:30 YOGA (BALCONY) 8:30 – 9:25 MIX IT UP 9:30 – 10:30 GROUP CYCLING 10:45 – 11:30 PILATES
<b>17</b> 2:00 – 3:00 OULA 3:00 – 3:45 SPARTAN STRONG 	<b>18</b> 5:00 – 5:55 PILATES 6:00 – 6:55 SPARTAN STRONG 9:15 – 10:15 EASY DOES IT 10:15 – 11:15 SENIORSTRETCH 11:15 – 12:15 SILVER SNEAKERS 12:10 – 1:00 Cross Training 4:15 – 5:15 FULL BODY FITNESS 5:30 – 6:30 PILATES 6:30 – 7:30 CARDIO KICKBOXING	<b>19</b> 5:00 – 5:45 TABATA 6:00 – 6:45 POUND 7:00 – 8:15 MUSCLE & MOVEMENT 8:15 – 9:00 YOGA BALL 9:15 – 10:15 HEATED YOGA & ABS (BALCONY) 9:00 – 10:00 SENIOR STRENGTH 10:00 – 11:00 CLASSIC YOGA 11:00 – 12:00 SILVER SNEAKERS 12:10 – 1:00 TABATA 4:15 – 5:15 SPIN CLASS 5:15 – 6:15 YOGA/PILATES 6:15 – 7:15 SPARTAN STRONG	<b>20</b> 6:00 – 6:55 SPARTAN STRONG 9:15 – 10:15 EASY DOES IT 10:15 – 11:15 SENIOR STRETCH 11:15 – 12:10 SILVER SNEAKERS 12:10 – 1:00 SPARTAN 1:30 – 3:00 LINE DANCING 4:15 – 5:15 FULL BODY FITNESS 5:30 – 6:30 PILATES 6:30 – 7:30 CARDIO KICKBOXING	<b>21</b> 5:00 – 5:45 TABATA 6:00 – 6:45 POUND 7:00 – 8:15 MUSCLE & MOVEMENT 8:15 – 9:00 YOGA BALL 9:00 – 10:00 SENIOR STRENGTH 10:00 – 11:00 CLASSIC YOGA 11:00 – 12:00 SILVER SNEAKERS 12:10 – 1:00 GUTS & BUTTS 4:15 – 5:15 SPIN CLASS 5:15 – 6:15 YOGO/PILATES 6:15 – 7:00 TABATA 7:00 – 9:00 LINE DANCING	<b>22</b> 5:00 – 5:55 PILATES 6:00 – 6:45 CROSS TRAINING 6:45 – 7:00 STRETCHING VARIETY 8:30 – 9:15 TABATA 9:15 – 10:15 EASY DOES IT 9:15 – 10:15 HEATED YOGA & ABS (BALCONY) 10:15 – 11:00 SENIOR STRETCH	<b>23</b> 8:30 – 9:30 YOGA (BALCONY) 8:30 – 9:25 MIX IT UP 9:30 – 10:30 GROUP CYCLING 10:45 – 11:30 PILATES
<b>24</b> 2:00 – 3:00 OULA 3:00 – 3:45 SPARTAN STRONG	<b>25</b> 5:00 – 5:55 PILATES 6:00 – 6:55 SPARTAN STRONG 9:15 – 10:15 EASY DOES IT 10:15 – 11:15 SENIORSTRETCH 11:15 – 12:15 SILVER SNEAKERS 12:10 – 1:00 Cross Training 4:15 – 5:15 FULL BODY FITNESS 5:30 – 6:30 PILATES 6:30 – 7:30 CARDIO KICKBOXING	<b>26</b> 5:00 – 5:45 TABATA 6:00 – 6:45 POUND 7:00 – 8:15 MUSCLE & MOVEMENT 8:15 – 9:00 YOGA BALL 9:15 – 10:15 HEATED YOGA & ABS (BALCONY) 9:00 – 10:00 SENIOR STRENGTH 10:00 – 11:00 CLASSIC YOGA 11:00 – 12:00 SILVER SNEAKERS 12:10 – 1:00 TABATA 4:15 – 5:15 SPIN CLASS 5:15 – 6:15 YOGA/PILATES 6:15 – 7:15 SPARTAN STRONG	<b>27</b> 6:00 – 6:55 SPARTAN STRONG 9:15 – 10:15 EASY DOES IT 10:15 – 11:15 SENIOR STRETCH 11:15 – 12:10 SILVER SNEAKERS 12:10 – 1:00 SPARTAN 1:30 – 3:00 LINE DANCING 4:15 – 5:15 FULL BODY FITNESS 5:30 – 6:30 PILATES 6:30 – 7:30 CARDIO KICKBOXING	<b>28</b> 5:00 – 5:45 TABATA 6:00 – 6:45 POUND 7:00 – 8:15 MUSCLE & MOVEMENT 8:15 – 9:00 YOGA BALL 9:00 – 10:00 SENIOR STRENGTH 10:00 – 11:00 CLASSIC YOGA 11:00 – 12:00 SILVER SNEAKERS 12:10 – 1:00 GUTS & BUTTS 4:15 – 5:15 SPIN CLASS 5:15 – 6:15 YOGO/PILATES 6:15 – 7:00 TABATA 7:00 – 9:00 LINE DANCING	<b>29</b> 5:00 – 5:55 PILATES 6:00 – 6:45 CROSS TRAINING 6:45 – 7:00 STRETCHING VARIETY 8:30 – 9:15 TABATA 9:15 – 10:15 EASY DOES IT 9:15 – 10:15 HEATED YOGA & ABS (BALCONY) 10:15 – 11:00 SENIOR STRETCH	<b>30</b> 8:30 – 9:30 YOGA (BALCONY) 8:30 – 9:25 MIX IT UP 9:30 – 10:30 GROUP CYCLING 10:45 – 11:30 PILATES
<b>31</b> 2:00 – 3:00 OULA 3:00 – 3:45 SPARTAN STRONG						