




MARCH



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 2 5:00-5:55 PILATES 6:00-6:55 MIXITUP 8:30-9:15 TABATA 9:15-10:15 EASYDOESIT 10:15-11:15 SENIORSTRETCH 11:15-12:10 SILVER SNEAKERS 12:10-1:00 CROSS TRAINING (weight room style) 4:15-5:15 FULLBODY FINTESS	3 5:00-5:45 TABATA 6:00-6:45 MIXITUP 7:00-8:15 STRENGTH & CORE 8:15-9:00 YOGA BALL 9:15-10:15 YOGA&ABS (BALCONY) 9:00-9:45 BUTTS&GUTS (WEIGHT ROOM) 9:00-10:00 SENIORSTRENGTH 10:00-11:00 CLASSIC YOGA 11:00-12:00 SILVERSNEAKERS 12:10-1:00 TABATABOOTCAMP 4:15-5:15 GROUP CYCLING 5:15-6:15 YOGA/PILATES 6:15-7:15 TABATA	4 6:00-6:55 MIXITUP 8:30-9:15 TABATA 9:15-10:15 EASYDOESIT 10:15-11:15 SENIORSTRETCH 1:30-3:00 LINEDANCING 4:15-5:15 FULLBODY FITNESS 6:30-7:30 CARDIO KICKBOXING	5 5:00-5:55 PILATES 6:00-6:55 MIXITUP 7:00-8:15 STRENGTH & CORE 8:15-9:00 YOGA BALL 9:00-9:45 STEPPING OUT 9:00-10:00 SENIORSTRENGTH 10:00-11:00 CLASSIC YOGA 11:00-12:00 SILVERSNEAKERS 12:10-1:00 GUTS&BUTTS 4:15-5:15 GROUP CYCLING 5:15-6:15 YOGA/PILATES 6:15-7:00 GUTS&BUTTS 7:00-9:00 LINEDANCING	6 6:00-7:00 MIXITUP 8:30-9:15 TABATA 9:15-10:15 EASYDOESIT (BALCONY) 10:15-11:00 SENIOR STRETCH	7 30-9:30 YOGA 9:30-10:30 GROUP CYCLING 10:45-11:30 PILATES	
8 9 5:00-5:55 PILATES 6:00-6:55 MIXITUP 8:30-9:15 TABATA 9:15-10:15 EASYDOESIT 10:15-11:15 SENIORSTRETCH 11:15-12:10 SILVER SNEAKERS 12:10-1:00 CROSS TRAINING (weight room style) 4:15-5:15 FULLBODY FINTESS	10 5:00-5:45 TABATA 6:00-6:45 MIXITUP 7:00-8:15 STRENGTH & CORE 8:15-9:00 YOGA BALL 9:15-10:15 YOGA&ABS (BALCONY) 9:00-9:45 BUTTS&GUTS (WEIGHT ROOM) 9:00-10:00 SENIORSTRENGTH 10:00-11:00 CLASSIC YOGA 11:00-12:00 SILVERSNEAKERS 12:10-1:00 TABATABOOTCAMP 4:15-5:15 GROUP CYCLING 5:15-6:15 YOGA/PILATES 6:15-7:15 TABATA	11 6:00-6:55 MIXITUP 8:30-9:15 TABATA 9:15-10:15 EASYDOESIT 10:15-11:15 SENIORSTRETCH 1:30-3:00 LINEDANCING 4:15-5:15 FULLBODY FITNESS 6:30-7:30 CARDIO KICKBOXING	12 5:00-5:55 PILATES 6:00-6:55 MIXITUP 7:00-8:15 STRENGTH & CORE 8:15-9:00 YOGA BALL 9:00-9:45 STEPPING OUT 9:00-10:00 SENIORSTRENGTH 10:00-11:00 CLASSIC YOGA 11:00-12:00 SILVERSNEAKERS 12:10-1:00 GUTS&BUTTS 4:15-5:15 GROUP CYCLING 5:15-6:15 YOGA/PILATES 6:15-7:00 GUTS&BUTTS 7:00-9:00 LINEDANCING	13 6:00-7:00 MIXITUP 8:30-9:15 TABATA 9:15-10:15 EASYDOESIT (BALCONY) 10:15-11:00 SENIOR STRETCH	14 8:30-9:30 YOGA 9:30-10:30 GROUP CYCLING 10:45-11:30 PILATES	
15 16 5:00-5:55 PILATES 6:00-6:55 MIXITUP 8:30-9:15 TABATA 9:15-10:15 EASYDOESIT 10:15-11:15 SENIORSTRETCH 11:15-12:10 SILVER SNEAKERS 12:10-1:00 CROSS TRAINING (weight room style) 4:15-5:15 FULLBODY FINTESS	17 5:00-5:45 TABATA 6:00-6:45 MIXITUP 7:00-8:15 STRENGTH & CORE 8:15-9:00 YOGA BALL 9:15-10:15 YOGA&ABS (BALCONY) 9:00-9:45 BUTTS&GUTS (WEIGHT ROOM) 9:00-10:00 SENIORSTRENGTH 10:00-11:00 CLASSIC YOGA 11:00-12:00 SILVERSNEAKERS 12:10-1:00 TABATABOOTCAMP 4:15-5:15 GROUP CYCLING  5:00 P.M. CLOSURE	18 6:00-6:55 MIXITUP 8:30-9:15 TABATA 9:15-10:15 EASYDOESIT 10:15-11:15 SENIORSTRETCH 1:30-3:00 LINEDANCING 4:15-5:15 FULLBODY FITNESS 6:30-7:30 CARDIO KICKBOXING	19 5:00-5:55 PILATES 6:00-6:55 MIXITUP 7:00-8:15 STRENGTH & CORE 8:15-9:00 YOGA BALL 9:00-9:45 STEPPING OUT 9:00-10:00 SENIORSTRENGTH 10:00-11:00 CLASSIC YOGA 11:00-12:00 SILVERSNEAKERS 12:10-1:00 GUTS&BUTTS 4:15-5:15 GROUP CYCLING 5:15-6:15 YOGA/PILATES 6:15-7:00 GUTS&BUTTS 7:00-9:00 LINEDANCING	20 6:00-7:00 MIXITUP 8:30-9:15 TABATA 9:15-10:15 EASYDOESIT (BALCONY) 10:15-11:00 SENIOR STRETCH	21 8:30-9:30 YOGA 9:30-10:30 GROUP CYCLING 10:45-11:30 PILATES	
22 23 5:00-5:55 PILATES 6:00-6:55 MIXITUP 8:30-9:15 TABATA 9:15-10:15 EASYDOESIT 10:15-11:15 SENIORSTRETCH 11:15-12:10 SILVER SNEAKERS 12:10-1:00 CROSS TRAINING (weight room style) 4:15-5:15 FULLBODY FINTESS	24 5:00-5:45 TABATA 6:00-6:45 MIXITUP 7:00-8:15 STRENGTH & CORE 8:15-9:00 YOGA BALL 9:15-10:15 YOGA&ABS (BALCONY) 9:00-9:45 BUTTS&GUTS (WEIGHT ROOM) 9:00-10:00 SENIORSTRENGTH 10:00-11:00 CLASSIC YOGA 11:00-12:00 SILVERSNEAKERS 12:10-1:00 TABATABOOTCAMP 4:15-5:15 GROUP CYCLING 5:15-6:15 YOGA/PILATES 6:15-7:15 TABATA	25 6:00-6:55 MIXITUP 8:30-9:15 TABATA 9:15-10:15 EASYDOESIT 10:15-11:15 SENIORSTRETCH 1:30-3:00 LINEDANCING 4:15-5:15 FULLBODY FITNESS 6:30-7:30 CARDIO KICKBOXING	26 5:00-5:55 PILATES 6:00-6:55 MIXITUP 7:00-8:15 STRENGTH & CORE 8:15-9:00 YOGA BALL 9:00-9:45 STEPPING OUT 9:00-10:00 SENIORSTRENGTH 10:00-11:00 CLASSIC YOGA 11:00-12:00 SILVERSNEAKERS 12:10-1:00 GUTS&BUTTS 4:15-5:15 GROUP CYCLING 5:15-6:15 YOGA/PILATES 6:15-7:00 GUTS&BUTTS 7:00-9:00 LINEDANCING	27 6:00-7:00 MIXITUP 8:30-9:15 TABATA 9:15-10:15 EASYDOESIT (BALCONY) 10:15-11:00 SENIOR STRETCH	28 8:30-9:30 YOGA 9:30-10:30 GROUP CYCLING 10:45-11:30 PILATES	
29 30 5:00-5:55 PILATES 6:00-6:55 MIXITUP 8:30-9:15 TABATA 9:15-10:15 EASYDOESIT 10:15-11:15 SENIORSTRETCH 11:15-12:10 SILVER SNEAKERS 12:10-1:00 CROSS TRAINING (weight room style) 4:15-5:15 FULLBODY FINTESS	31 5:00-5:45 TABATA 6:00-6:45 MIXITUP 7:00-8:15 STRENGTH & CORE 8:15-9:00 YOGA BALL 9:15-10:15 YOGA&ABS (BALCONY) 9:00-9:45 BUTTS&GUTS (WEIGHT ROOM) 9:00-10:00 SENIORSTRENGTH 10:00-11:00 CLASSIC YOGA 11:00-12:00 SILVERSNEAKERS 12:10-1:00 TABATABOOTCAMP 4:15-5:15 GROUP CYCLING 5:15-6:15 YOGA/PILATES 6:15-7:15 TABATA	