




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM SPIN Core <i>Laurie</i>	5:30 AM <i>Laurie</i> SPINNING	5:30 AM <i>Laurie</i> Functional Fitness	5:30 AM <i>Tammy</i> SPINNING	5:30 AM <i>Laurie</i> Kettlebells	8:00 AM SPINNING <i>Gina</i>	8:00 AM SPINNING <i>Ruth</i>
8:30 AM SPINNING <i>Tammy</i>	8:30 AM <i>Gina</i> GROUP POWER	8:30 AM SPINNING <i>Tammy</i>	8:30 AM <i>Tammy</i> GROUP POWER	6:00 AM <i>Lizzie</i> SPINNING	8:00 AM <i>Karyl</i> Step	8:00 AM Step <i>Kerri M</i>
9:30 AM Core Fusion <i>Sue</i>	8:30 AM <i>Cheryl</i> SPINNING	9:30 AM <i>Gretchen</i> Yoga-lates	8:30 AM <i>Laurie</i> SPINNING	8:30 AM <i>Tammy</i> Cardio Chisel	9:00 AM <i>Kelly</i> Vinyassa Yoga	9:00 AM Beginner Yoga <i>Marie</i>
10:30 AM Senior Strength <i>Sue</i>	9:30 AM <i>Kerri W</i> Pilates Sculpt	9:45 AM Senior SPINNING <i>Sue</i>	9:30 AM <i>Kerri W</i> Beginners ZUMBA	8:30 AM <i>Libby</i> SPINNING	9:30 AM <i>Tammy</i> SPINNING	
	10:30 AM <i>Jim</i> Health in Motion	10:30 AM <i>Sue</i> Senior Strength	10:30 AM <i>Kerri W</i> Zen Butts & Guts	9:30 AM <i>Gretchen</i> Yoga-lates	10:00 AM <i>Greg</i> Boot Camp	
	11:30 AM <i>Tammy</i> Senior Fitness		11:30 AM <i>Cheryl</i> Pilates for Posture	10:30 AM <i>Sue</i> Senior Circuit	11:00 AM <i>Lauren</i> Barre Fitness	
				11:30 AM Zumba <i>Kerri W</i>	12:00 PM <i>Jim</i> Warrior Strength	
3:30 PM <i>Jim</i> Warrior Strength	3:30 PM <i>Tammy</i> Total Body Blast	3:30 PM <i>Greg</i> Boot Camp	4:30 PM Step <i>Erin</i>			
4:30 PM <i>Marie</i> Total Body Ball	4:30 PM <i>Karyl</i> Body Sculpt	4:30 PM <i>Marie</i> Beginner Yoga	5:30 PM GROUP POWER <i>Lizzie</i>			
5:30 PM <i>Joanie</i> SPINNING	5:30 PM <i>Lizzie</i> GROUP POWER	5:30 PM <i>Jean</i> Step & Sculpt	5:30 PM SPINNING <i>Libby</i>			
5:30 PM <i>Gina</i> Step	6:00 PM <i>Tammy</i> SPINNING	6:00 PM SPINNING <i>Gina</i>	6:30 PM ZUMBA <i>Kerri W</i>			
6:15 PM <i>Gina</i> Abs Express	6:30 PM <i>Kerri W</i> 30-min Stretch	6:30 PM Vinyasa Yoga <i>Kelly</i>				
6:30 PM <i>Grant</i> Power Hour	7:00PM <i>Kerri W</i> Zumba					



SPECIALTY CLASSES:

- Stretch & Strengthen- Mon. 3/4 @ 8:30 AM
- Mardi Gras Spin- Tues. 3/5 @ 4:40 PM
- Weekend Group Power- Sat. 3/9 & 3/16 @ 7:00 AM
- Sweat, Abs & Arms- Mon. 3/11 @ 8:30 AM
- Zumba- Wed. 3/20 @ 8:30 AM
- Pilates Barre- Mon. 3/25 @ 8:30 AM
- SPIN Canceled- Sun. 3/3 for: Pedal to End Cancer @ Bristol Total Fitness 9:00 AM - 12:00 PM

