

March 2020

GROUP FITNESS & INDOOR CYCLING

Su n	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	5:30am Spin- Micalee **8:00am HIIT - Kelsey 9:00am Cardio Fusion- Doris 10:00am TBS- Doris 11:10am Hatha Yoga- Emmy 4:30pm Cardio Fusion- Doris 5:30pm Cycle- X- Brandi	9:00am Pump & Crunch- Doris 9:00am Spin- Jeanne 10:00am Tap- Pam 12:00pm MLC-Jamie/Pam 4:30pm Full Body Fit- Rebekah 5:30pm Zumba@- Jenny *6:00pm Spin- Lauren A.	5:30am Cycle X - Lauren A. **8:00am HIIT- Kelsey 9:00am Cardio Smash-Meg 10:00am TBS-No Class 11:10am Hatha Yoga-Emmy 4:30pm Cardio Fusion-No Class 5:30pm Pump & Crunch-Lauren A.	5:30am TBS- Lauren A. 9:00am Pump & Crunch-No Class 12:00pm MLC-Jamie/Pam 4:30pm Pump & Crunch- Linda 5:30pm Zumba@- Christy 5:30pm Spin- Lauren A.	**8:00am HIIT -Kelsey 9:00am Core Fusion - No Class 9:00am Spin - Jeanne 10:00am Tap-Pam 11:10am Hatha Yoga- Emmy	9:00am Cardio Fusion- Rebekah 10:00am Zumba@- Christy 11:10am Hatha Yoga- Emmy
8	9	10	11	12	13	14
	5:30am Spin- Micalee **8:00am HIIT -Self Led 9:00am Cardio Fusion- Meg 10:00am TBS- Meg 11:10am Hatha Yoga- Emmy 4:30pm Cardio Fusion- No Class 5:30pm Cycle-X - Jeanne	9:00am Pump & Crunch- Doris 9:00am Spin- Jeanne 10:00am Tap- Pam 12:00pm MLC-Jamie/Pam 4:30pm Full Body Fit- Rebekah 5:30pm Zumba@- Jenny *6:00pm Spin- Lauren A.	5:30am Cycle X - Brandi **8:00am HIIT- Kelsey 9:00am Cardio Smash-Doris 10:00am TBS-Doris 11:10am Hatha Yoga-Emmy 4:30pm Cardio Fusion-Doris 5:30pm Pump & Crunch-Lauren A.	5:30am TBS- Lauren A. 9:00am Pump & Crunch-Doris 10:00am Zumba- Christy 12:00pm MLC-Jamie/Pam 4:30pm Pump & Crunch- Linda 5:30pm Zumba@- Jenny 5:30pm Spin- Lauren A.	**8:00am HIIT -Self Led 9:00am Core Fusion - Doris 9:00am Spin - Jeanne 10:00am Tap-Pam 11:10am Yoga- Lauren	9:00am Cardio Fusion- Doris 10:00am Zumba@- Christy 11:10am Total Body Stretch- Lydia
15	16	17	18	19	20	21
	5:30am Spin- Kelsey **8:00am HIIT - Kelsey 9:00am Cardio Fusion-Doris 10:00am TBS-Doris 11:10am Hatha Yoga-Emmy 4:30pm Cardio Fusion-Doris 5:30pm Cycle-X - No Class	9:00am Pump & Crunch-Doris 9:00am Spin-Jeanne 10:00am Tap-Pam 12:00pm MLC-Jamie/Pam 4:30pm Full Body Fit- Rebekah 5:30pm Zumba@- Jenny *6:00pm Spin- Lauren A.	5:30am Cycle X-Brandi ** 8:00am HIIT-Kelsey 9:00am Cardio Smash-Doris 10:00am TBS-Doris 11:10am Hatha Yoga-Emmy 4:30pm Cardio Fusion-Doris 5:30pm Pump & Crunch-Lauren A.	5:30am TBS- Lauren A. 9:00am Pump & Crunch-Doris 12:00 MLC-Jamie/Pam 4:30pm Pump & Crunch- Linda 5:30pm Zumba@- Christy 5:30pm Spin- Lauren A.	**8:00am HIIT - Kelsey 9:00am Core Fusion - Doris 9:00am Spin - Jeanne 10:00am Tap - Pam 11:10am Hatha Yoga- Emmy	NO GROUP FITNESS NETA Group Fitness Instructor Certification Course 8:00am-5:00pm
22	23	24	25	26	27	28
	5:30am Spin- Brandi **8:00am HIIT - Kelsey 9:00am Cardio Fusion-Doris 10:00am TBS- Kelsey 11:10am Hatha Yoga-Emmy 4:30pm Cardio Fusion-Doris 5:30pm Cycle-X - Micalee	9:00am Pump & Crunch-Doris 9:00am Spin-Jeanne 10:00am Tap-Pam 12:00pm MLC-Jamie/Pam 4:30pm Full Body Fit- Rebekah 5:30pm Zumba@- Jenny *6:00pm Spin- Lauren A.	5:30am Cycle X-Brandi ** 8:00am HIIT-Kelsey 9:00am Cardio Smash-Doris 10:00am TBS-Doris 11:10am Hatha Yoga-Emmy 4:30pm Cardio Fusion-Doris 5:30pm Pump & Crunch-Lauren A.	5:30am TBS- Lauren A. 9:00am Pump & Crunch-Doris 10:00am Zumba- Christy 12:00pm MLC-Jamie/Pam 4:30pm Pump & Crunch- Linda 5:30pm Zumba@- Jenny 5:30pm Spin- Lauren A.	**8:00am HIIT - Kelsey 9:00am Core Fusion - Doris 9:00am Spin - Jeanne 10:00am Tap - Pam 11:10am Yoga- Lauren	9:00am Cardio Fusion- Doris 10:00am Zumba@- Jenny 11:10am Total Body Stretch- Lauren
29	30	31				
	5:30am Spin- Micalee **8:00am HIIT - Kelsey 9:00am Cardio Fusion- Doris 10:00am TBS- Doris 11:10am Hatha yoga- Emmy 4:30pm Cardio Fusion- Doris 5:30pm Cycle-X - Brandi	9:00am Pump & Crunch-Doris 9:00am Spin-Jeanne 10:00am Tap- Pam 12:00pm MLC-Jamie/Pam 4:30pm Full Body Fit- Rebekah 5:30pm Zumba@- Jenny *6:00pm Spin- Lauren A.		"SELF LED" – Workout Provided For Class	-Instructors are subject to change **30 minute class *45 Minute Class	

