

Group Fitness Schedule
March 2022

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(p)

Director |

6 SUN	7 MON	8 TUE	9 WED	10 THU	11 FRI	12 SAT
Power Pump 12:30 PM Mary W.	Yoga 5:30 AM Andi C.	Water Fit Combo 5:30 AM Melissa M.	Power C.S.I. 5:45 AM Stephanie M.	Water Fit Combo 5:30 AM Melissa M.	Boot Camp 5:30 AM Kim B.	Group Cycling 7:30 AM Kim B.
Zumba® 2:30 PM Sydney H.	Water Fit Combo 8:00 AM Marcia R.	Group Cycling 5:30 AM Kim B.	Power C.S.I. 9:15 AM Tiffany K.	Yoga 5:30 AM Maryana G.	Water Fit Combo 8:00 AM Patricia S.	Yoga 8:45 AM Maryana G.
Yoga 4:00 PM Manjit K.	Tabata 9:15 AM Mary R.	Water Fit Combo 8:00 AM Marcia R.	Yoga 9:15 AM Maggie A.	Group Cycling 5:30 AM Kim B.	Power Pump 8:15 AM Mary W.	Zumba® 9:00 AM Debra B.
	Delay The Disease 10:30 AM Noelle B.	Zumba® 9:00 AM Sydney H.	Core & More 10:30 AM Noelle B.	Water Fit Combo 8:00 AM Marcia R.	Yoga 9:30 AM Susanne M.	Group Cycling 9:00 AM Noelle B.
	Fit For Life H2O 12:00 PM Amy S.	Yoga 9:15 AM Maggie A.	Fit For Life H2O 12:00 PM Rose T.	Zumba® 9:15 AM Greta G.	Power C.S.I. 11:00 AM Judy F.	Core & More 10:15 AM Noelle B.
	Boot Camp 12:00 PM Thena K.	Group Cycling 9:15 AM Noelle B.	Power C.S.I. 12:00 PM Karla H.	Cycling Fusion® 9:15 AM Betsy A.	Fit For Life Strength 11:10 AM Angie W.	
	Multiple Sclerosis Class 12:30 PM Angie W.	Core & More 10:15 AM Noelle B.	Zumba® 5:30 PM Sydney H.	Core & More 10:15 AM Noelle B.	Fit For Life H2O 12:00 PM Rose T.	
	Boot Camp 4:30 PM Nisha A.	Tabata 12:00 PM Lyndsy S.		Delay The Disease 10:30 AM Amy S.	Boot Camp 12:00 PM Mary W.	
	Water Fit Combo 5:30 PM Lacey S.	Group Cycling 5:30 PM Tammy W.		Tabata 12:00 PM Amy S.	Power C.S.I. 4:30 PM Tiffany K.	
	MixedFit® 5:30 PM Sydney H.	Boot Camp 5:30 PM Kristine D.		Multiple Sclerosis Class 12:30 PM Angie W.	Water Fit Combo 5:30 PM Lacey S.	
		Yoga 6:30 PM Emily S.		Group Cycling 5:30 PM Kim F.	Zumba® 5:45 PM Aimee G.	

Zumba®

6:30 PM

Kristin W.