

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
30 C 3:00p Cycle A 4:00p Circuit Training B 4:00p Yoga <i>Put A Spin On Your Saturday 8:30a Cycle With Julia!</i>	Julia Brenda Willemijn				30 MARCH C 5:30a Short Spin(45) A 5:30a Bar & Burn A8:30a Cardio Meltdown A 9:30a Active Aging B 9:35a BAR-lates A 4:30p Cardio Chisel A 5:35p Mashup/Step	31 MARCH C 5:30a Race and Ripped B 8:00a Stretch Yoga C 8:15a Cycle (60) A 8:30a Body Xtreme A 9:35a Low Impact B 9:40a Dynamic Flow A 5:30p Kickboxing	1 C 8:30a Cycle A 9:00a Turbo/Step B 9:35a Yoga Burn Off Those Wkd Calories! 8:30a Cycle!
2 C 3:00p Cycle A 4:00p Step Intervals B 4:00 Restorative Yoga <i>End Your Weekend With a WORKOUT!!!!!! 3 great classes 3 awesome instructors!!</i>	Ron Mary Kat Dee	3 NEW METROFIT at 5:30am! C 5:30a Cycle(60) A 5:30a METROFIT B 8:00a Stretch Yoga C 8:15a Cycle(60) A 8:30a Training Camp A 9:35a Cardio Body Flow B 9:40a Dynamic Flow A 10:45a Active Aging A 4:30p Muscle Mix A 5:35p Tabata Step C 5:45p Power Cycle	4 A 5:30a Kickboxing Drills A 8:30a Turbo Kick A 9:35a Bar and Burn A 4:30p Functional Training B 5:30p Pilates A 5:35p Turbo Kick	5 Cancelled 9:40 yoga T 5:30a INTERVAL RUN A 5:30a MASHUP B 8:00a Yoga/Meditation C 8:15a Cycle(45) A 8:30a Muscle Mix A 9:35a Sculpt Lite A 4:30p Body Xtreme C 5:30p Cycle A 5:35p ZUMBA	6 Yoga is Back at 4:30pm C 5:30a Short Spin(45) A 5:30a Bar & Burn A8:30a Cardio Meltdown A 9:30a Active Aging B 9:35a BAR-lates A 4:30p Cardio Chisel B 4:30p Yoga A 5:35p Mashup/Step	7 C 5:30a Race and Ripped B 8:00a Stretch Yoga C 8:15a Cycle (60) A 8:30a RAYzing the Bar A 9:35a Low Impact B 9:40a Dynamic Flow A 5:30p INSANITY/Step	8 T 8:30a Sculpt on Sat C 8:30a Cycle A 9:00a Power Step B 9:35a Yoga <i>Put A Spin On Your Saturday 8:30a Cycle With Ron!</i>
9 C 3:00p Cycle A 4:00p INSANITY B 4:00p Restorative Yoga <i>END Your Weekend With One SUPER WORKOUT!</i>	Julia Phillip Dee	10 NEW METROFIT at 5:30am! C 530a Cycle(60) A 5:30a METROFIT B 8:00a Stretch Yoga C 8:15a Cycle(60) A 8:30a Training Camp A 9:35a Cardio Body Flow B 9:40a Dynamic Flow A 10:45a Active Aging A 4:30p Muscle Mix A 5:35p Turbo Kick C 5:45p Power Cycle	11 A 5:30a Turbo Kick B 6:30a Yoga A 8:30a Turbo Kick A 9:35a Bar and Burn A 4:30p Functional Training A 5:35p Tabata Step B 5:30p Pilates	12 Cancelled 9:40 yoga T 5:30a METRO MILERS A 5:30a MASHUP B 8:00a Yoga/Meditation C 8:15a Cycle(45) A 8:30a Muscle Mix A 9:35a Sculpt Lite A 4:30p Body Xtreme C 5:30p Cycle A 5:35p METROFIT	13 Yoga is Back at 4:30pm C 5:30a Short Spin(45) A 5:30a Bar & Burn A8:30a Cardio Meltdown A 9:30a Active Aging B 9:35a BAR-lates A 4:30p Cardio Chisel B 4:30p Yoga A 5:35p Mashup/Step	14 C 5:30a Race and Ripped B 8:00a Stretch Yoga C 8:15a Cycle (60) A 8:30a BarreGROOVE A 9:35a Low Impact B 9:40a Dynamic Flow A 5:30p Step BOOTCAMP	15 T 7:00a Metro Milers C 8:30a Cycle A 9:00a Tabata Step B 9:35a Yoga <i>9:35am Yoga w/ Debbie</i>
16 CLUB CLOSED 		17 NEW METROFIT at 5:30am! C 5:30a Cycle(60) A 5:30a METROFIT B 8:00a Stretch Yoga C 8:15a Cycle(60) A 8:30a Training Camp A 9:35a Cardio Body Flow B 9:40a Dynamic Flow A 10:45a Active Aging A 4:30p Muscle Mix A 5:35p Turbo Kick C 5:45p Power Cycle	18 A 5:30a Kickboxing Drills B 6:30a Yoga A 8:30a Turbo Kick A 9:35a Bar and Burn A 4:30p Functional Training B 5:30p Pilates A 5:35p Tabata Step	19 Cancelled 9:40 yoga T 5:30a INTERVAL RUN A 5:30a MASHUP B 8:00a Yoga/Meditation C 8:15a Cycle A 8:30a Muscle Mix A 9:35a Sculpt Lite A 4:30p Body Xtreme C 5:30p Cycle A 5:35p CLUB METRO!!! ZUMBA/POUND/ Dance \$5 FOR GUEST!	20 Yoga is Back at 4:30pm C 5:30a Short Spin(45) A 5:30a Bar & Burn A8:30a POUND/ZUMBA A 9:30a Active Aging B 9:35a BAR-lates A 4:30p Cardio Chisel B 4:30p Yoga A 5:35p Mashup/Step	21 Happy Bday Leigh Anne!!!! C 5:30a Race and Ripped B 8:00a Stretch Yoga C 8:15a Cycle (60) A 8:30a RAYzing the Bar A 9:35a Low Impact B 9:40a Dynamic Flow A 5:30p Body Xtreme	22 T 8:30a Sculpt on Sat C 8:30a Cycle A 9:00a METROFIT B 9:35a Yoga <i>START Your Weekend With One SUPER WORKOUT!</i>
23 C 3:00p Cycle A 4:00p DANCE MANIA B 4:00p Yoga <i>END Your Weekend With One SUPER WORKOUT!</i>	Julia Whitney Laura	24 NEW METROFIT at 5:30am! C 5:30a Cycle(60) A 5:30a METROFIT B 8:00a Yoga C 8:15a Cycle(60) A 8:30a Training Ca A 9:35a Body Flow B 9:40a Dynamic A 10:45a Active A 4:30p MuscleMix A 5:35p Turbo Kick C 5:45p Power Cycle	25 A 5:30a Turbo Kick B 6:30a Yoga A 8:30a Turbo Kick A 9:35a Bar & Burn A 4:30p INSANITY/ Barre A 5:35p Tabata Step B 5:30p Pilates	26 Cancelled 9:40 yoga T 5:30a MILERS A 5:30a MASHUP B 8:00a Yoga C 8:15a Cycle A 8:30a Muscle Mix A 9:35a Sculpt Lite A 4:30p Body Xtreme C 5:30p Cycle A 5:35p METROFIT	27 Yoga is Back at 4:30pm C 5:30a Short Spin(45) A 5:30a Bar & Burn A8:30a Cardio Meltdown A 9:30a Active Aging B 9:35a BAR-lates A 4:30p Cardio Chisel B 4:30p Yoga A 5:35p Mashup/Step	28 C 5:30a Race and Ripped B 8:00a Stretch Yoga C 8:15a Cycle (60) A 8:30a DANCE MANIA A 9:35a Low Impact B 9:40a Dynamic Flow A 5:30p Latin Dance	29 Keith Thompson is back!!Join us for a class: 8:00am Spin 9:00am Step 10:00am Spin

April