

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

# MARCH

1		2		3	
A 5:30a Bar & Burn	Jackie	T 5:00a TRX 45	No Class	C 8:30a Cycle	Julia
T 5:30a METRO MILERS	Ste/Kat	5:30a Training Camp	Brenda	A 9:00a KettleBell Drills	Mary Kat
A8:30a Cardio Meltdown	Brenda	B 8:00a Stretch Yoga	Dee	B 9:35a PILATES	Jennifer
B 8:30a Power Yoga	Twila	C 8:15a Cycle	Julia	Burn Off Those Wkd Calories! 8:30a Cycle!	
A 9:30a Active Aging	Jodie	A 8:30 Friday's MIX	Leigh A		
B 9:35a BAR-lates	Carroll	A 9:35a Low Impact	Brenda		
A 4:30p SCULPT	Brenda	B 9:40a Dynamic Flow	Margree		
B 4:30p Yoga	Debbie				
A 5:35p Tabata	Mia	A 5:30p Jungle Body	Angel		

4		5		6 8:45a Yoga returning soon!		7		8		9		10	
C 3:00p BIKE BOX LIFT	Trav/Jul	A 530a 30 TK/30 Weights	Zel	A 5:30a 20/20/20	Mary Kat	A 5:15a FIRE	Jamie/Desir	A 5:30a Bar & Burn	Jackie	T 5:00a TRX 45	Allison	T9:00a SOS	Jan
A 4:00p INSANITY	Phillip	B 8:00a Stretch Yoga	Dee	B 6:00a Yoga	Laura	B 8:00a Yoga/Meditation	Dee	T 5:30a INTERVAL RUN	Ste/Katie	A 5:30a Training Camp	Brenda	C 8:30a SPINBATA	Richard
B 4:00p Yoga	Debbie	C 8:15a Cycle(60)	Leigh Anne	A 8:30a STRONG	Ashley	C 8:15a Cycle(45)	Julia	A8:30a Cardio Meltdown	Brenda	A 5:30a Training Camp	Brenda	A 9:00a Step Intervals	Brenda
Burn Off Those Wkd Calories! 4pm!		A 8:30a 20/20/20	Mary Kat	B 8:45a Power Yoga	Twila	A 8:30a Muscle Mix	Leigh Anne	B 9:00a Power Yoga	No Class	B 8:00a Stretch Yoga	Dee	B 9:35a Yoga Paula	
		A 9:35a Low Impact	Jodie	A 9:35a Bar and Burn	Jackie	A 8:30a Muscle Mix	Leigh Anne	A 9:30a Active Aging	Mel	C 8:15a Cycle (60)	Julia		
		B 9:40a Yoga	Margree	A 4:30p Functional Training	Julia	A 9:35a Sculpt Lite	Mary Kat	B 9:35a BAR-lates	Carroll	A 8:30a ZUMBA	Mary Kat		
		A 10:45a Active Aging	Sharon	A 5:35p Tabata Step	Brenda	A 4:30p BIKE BOX LIFT	Julia/Travis	A 4:30p SCULPT	Brenda	A 9:35a Low Impact	Brenda		
		A 4:30p Circuit Training	Julia	B 5:30p Pilates	Jennifer	C 5:30p Cycle	Ron	B 4:30p Yoga	Debbie	B 9:40a Dynamic Flow	Juliet		
		A 5:35p 20/20/20	Mary Kat			A 5:35p Turbo Kick	Zel	A 5:35p Circuit Training	Travis				
C 5:45p Power Cycle	Julia							A 5:30a Nutrition Q&A	Julia				

11		12		13 8:45a Yoga returning soon!		14		15		16		17 WEAR GREEN!!!	
C 3:00p Cycle	Zel	C 530a 30TK/30 Weights	Zel	A 5:15a P90X	Allison	A 5:15a FIRE	Jamie/Des	A 5:30a Bar and Burn	Allison	T 5:00a TRX 45	Allison	C 8:30a Cycle	Julia
A 4:00p FIRE	Des/Jami	B 8:00a Stretch Yoga	Dee	B 6:00a Yoga	No Class	A 5:15a FIRE	Jamie/Des	T 5:30a METRO MILERS	Ste/Katie	A 5:30a Training Camp	Brenda	A 9:00a St Paddy's Day	Richard
B 4:00p Restorative Yoga	Dee	C 8:15a Cycle(60)	Leigh Anne	A8:30a Turbo Kick	Mary Kat	B 8:00a Yoga/Meditation	Dee	A8:30a Cardio Meltdown	Brenda	B 8:00a Stretch Yoga	Dee	Circuit! 30 TK/ 30 Step	Jennifer
Burn Off Those Wkd Calories! 4:00pm FIRE!		A 8:30a 20/20/20	Mary Kat	A 9:35a Bar and Burn	No Class	C 8:15a Cycle(45)	Julia	B 9:00a Power Yoga	No class	C 8:15a Cycle (60)	Julia	9:35am Yoga w/Willemijn!	
		A 9:35a Low Impact	Jodie	A 9:35a Bar and Burn	No Class	A 8:30a Muscle Mix	Leigh Anne	A 9:30a Active Aging	Jodie	A 8:30a Friday's MIX	Leigh A		
		B 9:40a Yoga	Margree	A 4:30p Functional Training	Julia	A 9:35a Sculpt Lite	Mary Kat	B 9:35a BAR-lates	No Class	A 9:35a Low Impact	Brenda		
		A 10:45a Active Aging	Sharon	(this class is limited to 8 ppl)		A 4:30p BIKE BOX LIFT	Julia/Trav	A 4:30p SCULPT	Brenda	B 9:40a Dynamic Flow	Juliet		
		A 4:30p Circuit Training	Julia	A 5:35p Tabata Step	Brenda	C 5:30p Cycle	Ron	B 4:30p Yoga	Debbie				
		A 5:35p 20/20/20	Mary Kat			A 5:35p Turbo Kick	Zel	A 5:35p Circuit Training	Travis	A5:30a Jungle Body	Angel		
C 5:45p Power Cycle	Julia												

18		19		20 8:45am Yoga returning soon!		21		22 Power Yoga is back at 9am!		23		24	
C 3:00p Cycle	Phillip	C 5:30a 30 TK/ 30 Weights	Zel	A 5:30a 20/20/20	Mary Kat	A 5:30a Bar and Burn	Jackie	A 5:30a Bar and Burn	Jackie	T 5:00a TRX 45	Allison	T 7:00a MILERS	Ste/Katie
A 4:00p Circuits	Brenda	B 8:00a Stretch Yoga	Dee	B 6:00a Yoga	Laura	T 5:30a INTERVAL RUN	Ste/Katie	T 5:30a INTERVAL RUN	Ste/Katie	A 5:30a Training Camp	Brenda	T9:00a SOS	Jan
B 4:00 Yoga	Willemijn	C 8:15a Cycle	Leigh Anne	A 8:30a Turbo Kick	Mary Kat	A8:30a Cardio Meltdown	Brenda	A8:30a Cardio Meltdown	Brenda	B 8:00a Stretch Yoga	Dee	C 8:30a Cycle	Phillip
End Your Weekend With a WORKOUT!!!!!! 3 great classes 3 awesome instructors!!		A 8:30a 20/20/20	Mary Kat	A 9:35a BAR-lates	Carroll	B 9:00a Power Yoga	Laura	B 9:00a Power Yoga	Laura	C 8:15a Cycle (60)	Julia	A 9:00a STRONG	Ashley
		A 9:35a Low Impact	Jodie			A 9:30a Active Aging	Mel	A 9:30a Active Aging	Mel	A 8:30a ZUMBA Party!!!	MK/Dany	B 9:35a Yoga	Willemijn
		B 9:40a Yoga	Margree	A 4:30p Functional Training	Julia	A 9:35a Sculpt Lite	Mary Kat	A 4:30p SCULPT	Brenda	3 Instructors!	Richard	START Your Weekend With One SUPER WORKOUT!	
		A 10:45a Active Aging	Sharon	B 5:30p Pilates	Jennifer	C 4:30p BIKE BOX LIFT	Travis/Jul	B 4:30p Yoga	Debbie	A 9:35a Low Impact	Brenda		
		A 4:30p Circuit Training	Julia	A 5:35p Tabata Step	Brenda	A 5:35p Turbo Kick	Zel	B 9:40a Dynamic Flow	Juliet	B 9:40a Dynamic Flow	Juliet		
		A 5:35p 20/20/20	Mary Kat			C 5:30p Cycle	Ron						
C 5:45p Power Cycle	Julia												

25		26		27 8:45am Yoga returning soon!		28		29 Power Yoga is Back at 9am!		30		31	
C 3:00p Cycle	Mary Kat	C 5:30a 30 TK/ 30	Zel	A 5:15a P90X	Allison	A 5:15a FIRE	Jamie/Des	A 5:30a Bar and Burn	Jackie	T 5:00a TRX 45	Allison	C 8:30a Cycle	Phillip
A 4:00p FIRE	Des/Jam	B 8:00a Stretch	Dee	B 6:00a Yoga	Laura	B 8:00a Yoga/Meditation	Dee	T 5:30a METRO MILERS	Ste/Katie	A 5:30a Training Camp	Brenda	A 9:00 Metro's	Julia
B 4:00 Yoga	Willemijn	C 8:15a Cycle	Leigh Anne	A 8:30a Turbo Kick	Mary Kat	C 8:15a Cycle	Julia	A8:30a Cardio Meltdown	Brenda	B 8:00a Stretch Yoga	Dee	EGG HUNT!	Brenda
END Your Weekend WORKOUT!		A 8:30a 20/20/20	Mary Kat			A 8:30a Muscle Mix	Leigh Ann	B 9:00a Power Yoga	Laura	C 8:15a Cycle (60)	Julia	B 9:35a Yoga	Debbie
		A 9:35a Low Impact	Jodie	A 9:35a Bar and	Jackie	A 9:35a Sculpt Lite	Mary Kat	A 9:30a Active Aging	Jodie	A 8:30a Friday's MIX	Leigh A		
		B 9:40a Yoga	Margree	A 4:30p Func train	Julia	C 4:30p BIKE BOX LIFT	Travis/Jul	A 4:30p SCULPT	Brenda	A 9:35a Low Impact	Brenda		
		A 10:45a Active	Sharon			C 5:30p Cycle	Ron	B 4:30p Yoga	Debbie	B 9:40a Dynamic Flow	No Class		
		A 4:30p Circuit	Julia	A 5:35p Tabata Step	Brenda	A 5:35p Turbo Kick	Zel	A 5:35p Tabata	Mia		Angel		
		A 5:35p 20/20/20	Mary Kat							A5:30a Jungle Body	Angel		

