

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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31 C 3:00p Cycle A 4:00p Turbo Kick B 4:00p Yoga <i style="color: green; font-size: 1.2em;">This Sunday Has You Covered!!!</i>	Joshua Zel Dee	MARCH	1 Jungle Body 5:15pm T 5:15a TRX C 5:15a METcamp T 6:30a TRX 101 B 8:00a Stretch Yoga 90 C 8:15a Cycle F 8:15 Functional Training A 8:30a ZUMBA A 9:35a Low Impact B 9:40a Yoga A 10:30a Tai Chi A5:15p Jungle Body	Kay Mary Kat Kay Dee Amy Leigh A MK/Dany Delisa Lisa Peggy Angel	2 C 8:30a Cycle T 9:00 S.O.S A 9:00a Tabata B 9:35a Yoga	Mary Kat Jan Phillip Lisa
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3 Penalty BOX 4p C 3:00p Cycle A 4:00p Penalty BOX! 45 B 4:00p Yoga <i style="color: purple; font-size: 1.2em;">End Your Weekend With a WORKOUT!!!!!! 3 great classes 3 awesome instructors!!</i>	Zel Mary Kat Willemijn	4 C 530a 30TK/ 30 Weights B 8:00a Stretch Yoga 90 C 8:15a Cycle A 8:30a 20/20/20 A 9:35a Low Impact B 9:40a Yoga A 4:30p Circuit Training A 5:35p Turbo Kick/Mix C 5:45p Power Cycle	Zel Dee Leigh Anne Mary Kat Jodie Margree Brenda Mary Kat Amy B	5 FAT TUESDAY! A 5:30 Cardio Sculpt C 5:30a PELOTON cycle A 8:30a FAT TUESDAY!!! B 8:30a Power Yoga C 9:00a PELOTON cycle A 9:35a Bar and Burn A 4:30p FIT CAMP B 4:30p Pilates A 5:35p Tabata Step	Brenda Amy MK/LA Amy Jodie Ashley J Jodie Brenda	6 A 5:15a FIT CAMP B 8:00a Yoga C 8:15a Cycle(45) A 8:30a Muscle MIX A 9:35a Sculpt Lite A 4:30p BOX INTERVALS C 5:30p Cycle A 5:35p Turbo Kick	Ashley Paula Mary Kat Leigh Anne Mary Kat Travis Amy Zel	7 A 5:30a Bar and Burn T 5:30a INTERVAL RUN C 5:30a PELOTON cycle A8:30a Cardio Meltdown B 8:30a Power Yoga C 9:00a PELOTON cycle A 9:30a Active Aging B 9:30a Bar-lates A 4:30p SCULPT B 4:30p Yoga B 5:35p Pilates A 5:35p FIT CAMP	Jackie Ste/Katie Brenda Amy Jodie Carroll Brenda Paula Paula Ashley J	8 T 5:15a TRX C 5:15a METcamp T 6:30a TRX 101 B 8:00a Stretch Yoga 90 C 8:15a Cycle T 8:15a TRX A 8:30a ZUMBA DUO A 9:35a Low Impact B 9:40a Yoga A 10:30a Tai Chi	Kay Mary Kat Kay Dee Amy Jodie MK/Dany Brenda Lisa Peggy	9 Workshop 11am-12:30pm C 8:30a Cycle A 9:00a FIT CAMP B 9:35a Yoga	Amy Ashley Margree Paula Paula \$15 members \$25 non members
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10 C 3:00p Cycle A 4:00p Circuits B 4:00p Yoga <i style="color: green; font-size: 1.2em;">This Sunday Has You Covered!!!</i>	Amy Brenda Dee	11 C 530a 30TK/ 30 Weights B 8:00a Stretch Yoga 90 C 8:15a Cycle PLUS A 8:30a 20/20/20 A 9:35a Low Impact B 9:40a Yoga A 4:30p Circuit Training A 5:35p Turbo Kick/Mix C 5:45p Power Cycle	Zel Dee Leigh Anne Mary Kat Jodie Margree Brenda Mary Kat Amy B	12 NEW PILATES 4:30p A 5:30a Cardio Sculpt C 5:30a PELOTON cycle A8:30a Turbo Kick B 8:30a Power Yoga C 9:00a PELOTON cycle A 9:35a Bar and Burn A 4:30p FIT CAMP B 4:30p Pilates A 5:35p Tabata Step	Brenda Mary Kat Amy Jackie Ashley Jodie Brenda	13 CLUB SPIN 5:30p! A 5:15a FIT CAMP B 8:00a Yoga C 8:15a Cycle(45) A 8:30a Muscle MIX A 9:35a Sculpt Lite A 4:30p BOX INTERVALS C 5:30p SPIN MASHUP! 80's ROCK! A 5:35p Turbo Kick	Ashley Paula Mary Kat Leigh Anne Delisa Travis Mk/Joshua Zel	14 A 5:30a Bar and Burn T 5:30a METRO MILERS C 5:30a PELOTON cycle A8:30a Cardio Meltdown B 8:30a Power Yoga C 9:00a PELOTON cycle A 9:30a Active Aging B 9:30a Bar-lates A 4:30p SCULPT B 4:30p Yoga B 5:35p Pilates A 5:35p FIT CAMP	Jackie Ste/Katie Brenda Amy Jodie Carroll Brenda Paula Paula Ashley J	15 Jungle Body 5:15p T 5:15a TRX C 5:15a METcamp T 6:30a TRX 101 B 8:00a Stretch Yoga 90 C 8:15a Cycle (60) F 8:15 Functional Training A 8:30a ZUMBA DUO A 9:35a Low Impact B 9:40a Yoga A 10:30a Tai Chi A5:15p Jungle Body	Kay Mary Kat Kay Dee Amy Leigh A MK/Dany Brenda Lisa Peggy Angel	16 A8:30a Cycle A 9:00a Penalty Box + Kettle bells B 9:35a Yoga T 9:00 S.O.S	Phillip Mary Kat Paula Jan
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17 WEAR GREEN! C 3:00p Bike Box Lift A 4:00p 30TK/30Weights B 4:00p Yoga <i style="color: blue; font-size: 1.2em;">End Your Weekend With a WORKOUT!!!!!! 3 great classes 4 awesome instructors!!</i>	MK/Trav Zel Lisa	18 5:35pm C 5:30a 30 TK/ 30 B 8:00a Stretch Yoga 90 C 8:15a Cycle A 8:30a 20/20/20 A 9:35a Low Impact B 9:40a Yoga A 4:30p Circuit Training A 5:35p Turbo Kick C 5:45p Power Cycle	Zel Dee Leigh Anne Mary Kat Jodie Margree Brenda Zel Amy B	19 NEW PILATES 4:30p A 5:30a Cardio Sculpt C 5:30a PELOTON cycle A 8:30a Turbo Kick B 8:30a Power Yoga C 9:00a PELOTON cycle A 9:35a Bar and Burn A 4:30p FIT CAMP B 4:30p Pilates A 5:35p Tabata Step	Brenda Mary Kat Amy Jackie Ashley J Jodie Brenda	20 A 5:15a FIT CAMP B 8:00a Yoga 90 C 8:15a Cycle 45 A 8:30a Muscle Mix A 9:35a Sculpt Lite A 4:30p BOX INTERVALS C 5:30p Cycle A 5:35p Turbo Kick	Brenda Paula Mary Kat Leigh Anne Mary Kat Travis Amy Zel	21 A 5:30a Bar and Burn T 5:30a INTERVAL RUN C 5:30a PELOTON cycle A8:30a Cardio Meltdown B 8:30a Power Yoga C 9:00a PELOTON cycle A 9:30a Active Aging B 9:30a Bar-lates A 4:30p SCULPT B 4:30p Yoga B 5:35p Pilates A 5:35p FIT CAMP	Jackie Ste/Katie Brenda Amy Jodie No class Brenda Paula Paula Ashley J	22 T 5:15a TRX C 5:15a METcamp T 6:30a TRX 101 B 8:00a Stretch Yoga 90 C 8:15a Cycle (60) T 8:15a TRX A 8:30a ZUMBA DUO A 9:35a Low Impact B 9:40a Yoga A 10:30a Tai Chi	Kay Mary Kat Kay Dee Amy Jodie MK/Dany Brenda No class Peggy	23 C 8:30a Cycle A 9:00a Insanity B 9:35a Yoga	Amy Phillip Willemijn
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24 C 3:00p Cycle A 4:00p Tabata B 4:00p Yoga	Joshua Phillip Willemijn	25 C 5:30a 30 TK/ 30 B 8:00a Stretch Yoga 90 C 8:15a Cycle A 8:30a 20/20/20 A 9:35a Low Impact B 9:40a Yoga A 4:30p Circuit Training A 5:35p Turbo Kick/Mix C 5:45p Power	Zel Dee Leigh Anne Mary Kat Jodie Margree Brenda Mary Kat Amy B	26 NEW PILATES 4:30p A 5:30a Sculpt C 5:30a PELOTON A 8:30a Turbo Kick B 8:30a Power C 9:00a PELOTON A 9:35a Bar Burn A 4:30p FIT CAMP B 4:30p Pilates A 5:35p Tabata	Brenda Mary Kat Amy Jackie AshleyJ Jodie Brenda	27 A 5:15a FIT CAMP B 8:00a Yoga 90 C 8:15a Cycle A 8:30a Muscle Mix A 9:35a Sculpt Lite A 4:30p Boxing C 5:30p Cycle A 5:35p Turbo Kick	Ashley Paula Mary Kat Leigh Anne Delisa Travis Joshua Zel	28 A 5:30a Bar and Burn T 5:30a METRO MILERS A8:30a Cardio Meltdown B 8:30a Power Yoga A 9:30a Active Aging B 9:30a Bar-lates A 4:30p SCULPT B 4:30p Yoga B 5:35p Pilates A 5:35p FIT CAMP	Jackie Ste/Katie Brenda Amy D Jodie Carroll Brenda Paula Paula Ashley J Travis	29 T 5:15a TRX C 5:15a METcamp T 6:30a TRX 101 B 8:00a Stretch Yoga 90 C 8:15a Cycle (60) A 8:30a ZUMBA A 9:35a Low Impact B 9:40a Yoga A 10:30a Tai Chi	Kay Mary Kat Kay Dee Amy Mary Kat Brenda Lisa Peggy	30 C 8:30a Cycle A 9:00a P90X B 9:35a Yoga	Mary Kat Brenda Lisa
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**This
Saturday Has
You
Covered!!!**

**Join Mary
Kat at 9am
for Penalty
Box & KB!**

**9:35am Yoga
w/Willemijn!**

