

MARCH FITNESS CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
7:00—8:00 am	Pilates Mat Luna	C L U B C L O S E D C L U B C L O S E D C L U B C L O S E D C L U B C L O S E D	Yoga Kristine		T'ai Chi / Qigong Jeff			
7:30 — 8:30 am				Heart Zone Cycle Kim	Cycling Kim			
8:20—9:20 am	Body Sculpting Barbara		Body Sculpting Barbara	Resist-A-Ball Barbara	Body Sculpting Enita		T'ai Chi / Qigong Jeff	
9:00—10:00 am						Cycling Bruce		
9:35—10:35 am	ZUMBA Danny Cycling Lauren			Cardio Mix Pam Cycling Bruce	Tone & Stretch Kate O.	Cardio Mix Pam Cycling Lauren	ZUMBA Kate L. Cardio Dance Sarah Cycling Enita	
10:15—11:15 am						Cycling Bruce		
10:45—11:45 am	Tone & Stretch Danny			Tone & Core Barbara	10:45—11:35 Step/ Sculpt Express Barbara	Tone & Stretch Pam	10:30 –11:30 Aqua Power Lauren	
11:00 — 12:00 pm							Mat Class Kristine	Yoga Tracey
12:00—1:00 pm	Aqua Power Barbara			Aqua Power Barbara	Aqua Power Barbara	Aqua Power Staff		
12:15—1:00 pm				Express Cycle @ Lunch Dora			12:15—1:15 Yoga Susan	
12:30—1:30 pm	Mixed Levels Yoga Tracey			Gentle Yoga Luna	Mixed Levels Yoga Susan	Strengthening Yoga Luna J.		
1:45—2:35pm (50 min.)	Body Sculpting Staff				Body Sculpting Staff			
4:45—5:45 pm		Mixed Levels Yoga Staff	Pilates-based Mat Kristine	Mat Class Lindsay				
5:00—6:00 pm	Cycling Kim		Cycling Jeff					
6:00—7:00 pm	Athletic Conditioning Barbara	Pilates Mat Kristine Cycling Jan	Cardio Dance Sarah	Boot Camp Joseph Cycling Bruce				
6:15—7:15 pm	Cycling Kim		Cycling Jeff					

“A great addition to any workout “
- Bort Jones, El Gancho Member

*Snow Delay Schedule:
In the event of a snow delay, the 7:00 am, 7:30 and 8:20 am fitness classes will be canceled if schools are closed or on a 2-hour delay due to snow. The 9:00 and 9:35 am classes will continue as scheduled. Please call regarding cancellation of evening or weekend classes due to snow.*

MARCH EQUIPMENT ORIENTATIONS



Mar. 4th, Thursday @ 5:00 pm with Barbara
Mar. 18th, Thursday @ 7:15 pm with Joseph

Mar. 14th, Sunday @ 12:30 pm with Enita
Mar. 24th, Wednesday @ 9:00 am