

# GROUP EXERCISE – MAIN GYM

## MARCH 1<sup>ST</sup> – MARCH 31<sup>ST</sup> 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Fusion</b> 5:15 – 6:00am Karen		<b>Fusion</b> 5:15 – 6:00am Karen		<b>Fusion</b> 5:15 – 6:00am Karen	
	<b>Low Impact Circuit</b> 8:15 – 9:00am Kathy	<b>SilverSneakers® Circuit</b> 8:15 – 9:00am Marla	<b>Low Impact Circuit</b> 8:15 – 9:00am Kathy	<b>SilverSneakers® Circuit</b> 8:15 – 9:00am Marla	<b>Low Impact Circuit</b> 8:15 – 9:00am Kathy	
	<b>SilverSneakers® Classic</b> 9:30-10:15am Brandon	<b>SilverSneakers® Classic</b> 9:30 – 10:15am Marla	<b>Strength &amp; Conditioning</b> 9:30 – 10:15am Kathy	<b>SilverSneakers® Classic</b> 9:30 – 10:15am Marla	<b>SilverSneakers® Classic</b> 9:30 – 10:15am Brandon	
	<b>Zumba®</b> 10:30 – 11:15am Sara		<b>Zumba®</b> 10:30 – 11:15am Sara		<b>Cardio Dance</b> 10:30 – 11:15am Melissa	
	<b>Zumba® Gold</b> 11:30 – 12:15pm Sara		<b>Zumba® Gold</b> 11:30 – 12:15pm Sara		<b>Zumba® Gold</b> 11:30 – 12:15pm Brandon	
<b>Zumba®</b> 12:30 – 1:15pm Sara B.		<b>SilverSneakers® Classic</b> 1:00 – 1:45pm Emily-Rose		<b>SilverSneakers® Classic</b> 1:00 – 1:45pm Emily-Rose		

**GROUP EXERCISE – AUXILIARY GYM****MARCH 1<sup>ST</sup> – MARCH 31<sup>ST</sup> 2023**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>Cycle &amp; Circuit</b> 5:15 – 6:00am Karen				
						<b>HIIT</b> 8:15 – 9:00am Sara V.
	<b>Strength &amp; Conditioning</b> 9:30 – 10:15am Jilyana	<b>Interval Training</b> 9:30 – 10:15am Kathy		<b>Interval Training</b> 9:30 – 10:15am Kathy	<b>Strength &amp; Conditioning</b> 9:30 – 10:15am Jilyana	<b>Cycling</b> 9:30 – 10:30am Sara V.
	<b>Low Impact Cyling</b> 10:30 – 11:15am Sue	<b>Yoga</b> 10:30 – 11:30am Sue		<b>Yoga</b> 10:30 – 11:30am Sue	<b>Cycling</b> 10:30am – 11:15am Cristina M.	
		<b>Zumba®</b> 12:00 – 12:45pm Melissa	<b>Low Impact Strength &amp; Conditioning</b> 11:30 – 12:15pm Melissa T. *in studio 3/1	<b>Zumba®</b> 12:00 – 12:45pm Melissa	<b>Low Impact Strength &amp; Conditioning</b> 11:30 – 12:15pm Melissa T.	
		<b>Cycling</b> 4:30 – 5:15pm Sara V.	<b>Cycle &amp; Circuit</b> 4:30 – 5:30pm Sara V.	<b>Cycling</b> 4:30 – 5:30pm Sara V.		
	<b>HIIT</b> 5:15 – 6:00pm Renaë	<b>Balanced Boxing</b> 5:30 – 6:30pm Jim W. *Multi-Purpose Room	<b>HIIT</b> 5:45 – 6:30pm Chelsey *Begins 3/8	<b>HIIT</b> 5:45 – 6:30pm Renaë		
	<b>Cycling</b> 6:15 – 7:00pm Abby	<b>Boxing Fitness</b> 6:30 – 7:30pm Jim W. *Multi-Purpose Room	<b>BODYPUMP™ Express</b> 6:45 – 7:30pm Cristina M.			
	<b>BODYPUMP™</b> 7:15 – 8:15pm Sara V.					

**GROUP EXERCISE – STUDIO**  
**MARCH 1<sup>ST</sup> – MARCH 31<sup>ST</sup> 2023**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>Mindful Movement</b> 5:15am – 6:00am Kasia		
	<b>SilverSneakers® Yoga</b> 8:00 – 8:45am Brandon					
<b>BODYPUMP™</b> 9:00 – 10:00am Renaë	<b>Cardio Kickboxing</b> 9:00 – 10:00am Jess	<b>BODYPUMP™ Express</b> 9:15 – 10:00am Melissa M.	<b>Cardio Kickboxing</b> 9:00 – 10:00am Jess	<b>BODYPUMP™ Express</b> 9:15 – 10:00am Melissa M.	<b>Cardio Kickboxing</b> 9:00 – 10:00am Jess	<b>Fusion</b> 8:45 – 9:45am Kim
<b>Healthy Back</b> 10:15 – 11:00am Joy						<b>Cardio Kickboxing</b> 10:00 – 11:00am Jess
<b>Yoga</b> 11:15 – 12:15pm Joy		<b>Zumba® Step</b> 11:00 – 11:45am Melissa	<b>*Class in Studio 3/1 ONLY</b> <b>11:30-12:15pm</b>	<b>Zumba® Step</b> 11:00 – 11:45am Melissa		<b>Yoga</b> 11:15 – 12:15pm Adrianna
		<b>SilverSneakers® Yoga</b> 12:00 – 12:45pm Sue	<b>BARRE</b> 12:30 – 1:15pm Melissa T.	<b>SilverSneakers® Yoga</b> 12:00 – 12:45pm Sue	<b>BARRE</b> 12:30 – 1:15pm Melissa T.	
		Youth Sports – Dance 5:00 – 5:30pm Registration Required	Youth Sports Young Athletes Program 4:30 – 5:00pm Registration Required		<b>Step Aerobics</b> 4:30 – 5:30 pm Kim	
	<b>Cardio Kickboxing</b> 5:45 – 6:45pm Jess	<b>Strength &amp; Conditioning</b> 6:00 – 6:45pm Chelsey	<b>Healthy Back</b> 5:15 – 6:00pm Joy	<b>Strength &amp; Conditioning</b> 6:00 – 6:45pm Jilyana	Youth Sports – Dance 5:45pm – 6:30pm Registration Required	
	<b>Zumba®</b> 7:00 – 7:45pm Sara B.	<b>Core &amp; More</b> 7:00 – 7:45pm Adrianna	<b>Zumba®</b> 6:45 – 7:30pm Sara B.	<b>Core &amp; More</b> 7:00 – 7:45pm Alaina		
	<b>Yoga</b> 8:00 – 8:45pm Chris B.	<b>Yoga</b> 8:00 – 8:45pm Adrianna		<b>Yoga</b> 8:00 – 8:45pm Alaina		