

MARCH Fitness Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	STRENGTH 6-7am		STRENGTH 6-7am		
STEP/SCULPT 9:30-10:30am	EASY DOES IT 9-10AM FIT PARTY	TOTAL BODY 9:30-10:30am	EASY DOES IT 9-10AM STRENGTH	INTERVALS 9:30-10:30am	Boot Camp 9-10am
	BALL 10-10:30AM	BYOB: Bring your own ball	BALL 10-10:30AM		
EASY DOES IT HII-LO 10:35-11:35am	EASY DOES IT CHAIR/MAT 10:35-11:35am	EASY DOES IT STRENGTH 10:35-11:35am	EASY DOES IT ROTATION 10:35-11:35am	EASY DOES IT TAI CHI 10:35-11:35am	
CLIMBING WALL 4-8pm	CLIMBING WALL 4-8pm	CLIMBING WALL 4-8pm	CLIMBING WALL 4-8pm	CLIMBING WALL 4-8pm	SAT., & SUN. CLIMBING WALL 11am-4pm
					
CHILDCARE 5:30-8:45pm (Conference Room)	CHILDCARE 5:30-8:45pm (Conference Room)	CHILDCARE 5:30-8:45pm (Conference Room)	CHILDCARE 5:30-8:45pm (Conference Room)		
	SPIN 5:30-6:15pm		SPIN 4:15-5pm		
INTERVAL 5:30-6:30pm		SUPER STEP 5:30-6:30pm			
YOGA 6-7pm Preschool Room			YOGA 6-7pm Preschool Room		
	ZUMBA 6:30-7:30pm		WERQ 6-7pm		
WERQ 6:30-7:30pm		6:30-7pm			
	PILATES 7-7:45pm (Preschool Room)	PIYO 7-8PM (Preschool Room)			
BARRE 7:30-8:15pm		ZUMBA 7:30-8:30pm			FEES ON BACK
					