

MARCH₂₀₂₀

REVISED 3/16

MARCH GROUP FITNESS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 JOIN US THUR 3/5! SPECIAL COMBAT EXPRESS 5:45p-6:30p	2 HIIT legs/Cardio 6-6:30am Trisha BODYPUMP: 5:40 PM Brigitte BODYCOMBAT: 6:45PM Jen	3 BODYPUMP 5:40am Kathy CYCLE H.I.I.T 9:20AM Melissa SENIORFIT - 11:45 AM Ivania ZUMBA 6pm Anabel YOGA 7:05pm Erin	4 CYCLE 5:40AM Tameka SENIORFIT 9:30AM Annette BODYATTACK 6:00PM Denisse BODYPUMP 6:45 Tracey	5 BODYPUMP 5:40AM Tameka BODYPUMP 9:30AM Trisha SENIORFIT 11:00 AM Lisa SPECIAL COMBAT EXP. 5:45-6:30 JESS ZUMBA 6:30 PM	6 CYCLE/Strength/Core 6:00-6:45AM Tameka/Trisha BODYPUMP 5:30 PM Christi	7 BODYPUMP: 8:45AM Denisse BODYATTACK: 9:50am Joel
8	9 HIIT legs/Cardio 6-6:30am Trisha BODYPUMP: 5:40 PM Brigitte BODYCOMBAT: 6:45PM Jen	10 BODYPUMP 5:40am Kathy CYCLE H.I.I.T 9:20AM Melissa SENIOR FIT 11:55AM Start late today only-Ivania ZUMBA 6pm Anabel YOGA 7:05pm Erin	11 CYCLE 5:40AM Tameka SENIORFIT 9:30AM Annette BODYATTACK 6:00PM Denisse BODYPUMP 6:45PM Tracey	12 BODYPUMP 5:40AM Kathy Sub BODYPUMP 9:30AM sub SENIORFIT 11:00 AM Lisa ZUMBA 6:30PM Anabel	13 CYCLE/Strength/Core 6:00-6:45AM Melissa Sub BODYPUMP 5:30 PM Christi	14 BODYPUMP: 8:45AM Tracey sub BODYATTACK: 9:50am Joel END OF ATTENDANCE CHALLENGE
15 Yellow-time change. Download Slack app and email Trishaffl24@gmail.com who will reply with your invite to "join." It's for: -announcements, polls, last minute subs, winter weather cancellations	16 HIIT legs/Cardio 6-6:30am Trisha BODYPUMP: 5:40 PM Brigitte BODYCOMBAT: 6:45PM Jen	17 CLASSES SUSPENDED DUE TO COVID-19 CONCERNS.	18 BODPUMP, BODYCOMBAT AND BODYATTACK classes are from Les Mills International. They have opened up their On Demand portal for free to anyone. Try the workouts at home:	19 https://watch.lesmillsondemand.com/at-home-workouts	20 95 FREE WORKOUTS TO STREAM in Variety of genres from Strength, to HIIT to Dance to Mind/Body. No log in required. Scroll down once you log in.	21

22	23	24	25	26	27	28
29	<p>30</p> <p>HIIT legs/Cardio 6-6:30am Trisha</p> <p>BODYPUMP: 5:40 PM Brigitte</p> <p>BODYCOMBAT: 6:45PM Jen</p>	<p>31</p> <p>BODYPUMP 5:40am Kathy</p> <p>CYCLE H.I.I.T 9:20AM Melissa</p> <p>SENIOR FIT 11:45AM Ivania</p> <p>ZUMBA 6pm Anabel</p> <p>YOGA 7:05pm Erin</p>				