



## MARCH 2020 GROUP FITNESS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2	3	4	5	6	7
8:30AM		ZUMBA Yajaira		ZUMBA Yajaira	ZUMBA Yajaira	BODYPUMP Christy
9:00AM	HIIT CYCLING (30MIN) Rachael				HIIT CYCLING(30MIN) Rachael	
9:30AM	BODYPUMP Rachael	CYCLING Lizzie		CYCLING Lizzie	BODYPUMP Rachael	CYCLING Lizzie
10:30AM	STRETCH & MEDITATE Morgan	SENIOR FIT Wendy		SENIOR FIT Carol	STRETCH & MEDITATE Morgan	ZUMBA Chanel
4:30PM		DANCE FUSION Morgan				
5:30PM	BODYJAM Morgan CYCLING Allison	BODYPUMP Lisa	YOGA Katie CYCLING Allison	HIIT ATTACK Lesa		
6:30PM	BODYCOMBAT Ashley	R.I.P.P.E.D. Lesa	BODYPUMP Kourtney	ZUMBA Chanel		
7:30PM	MIXXED FIT Chanel	HIP HOP Stephanie		HIP HOP Stephanie		
	9	10	11	12	13	14
8:30AM		ZUMBA Yajaira		ZUMBA Yajaira	ZUMBA Yajaira	BODYPUMP Christy
9:00AM	HIIT CYCLING (30MIN) Rachael				HIIT CYCLING(30MIN) Rachael	
9:30AM	BODYPUMP Rachael	CYCLING Lizzie		CYCLING Lizzie	BODYPUMP Rachael	CYCLING Lizzie
10:30AM	STRETCH & MEDITATE Morgan	SENIOR FIT Wendy		SENIOR FIT Carol	STRETCH & MEDITATE Morgan	NO CLASS
4:30PM		DANCE FUSION Morgan				
5:30PM	BODYJAM Morgan CYCLING Allison	BODYPUMP Kourtney	YOGA Katie CYCLING Allison	BODYCOMBAT Lori		
6:30PM	BODYCOMBAT Ashley	CardioSculpt Kourtney	BODYPUMP Kourtney	ZUMBA Chanel		
7:30PM	MIXXED FIT Chanel	HIP HOP Stephanie		HIP HOP Stephanie		
	16	17	18	19	20	21
8:30AM		ZUMBA Yajaira		ZUMBA Yajaira	ZUMBA Yajaira	BODYPUMP Kourtney
9:00AM	HIIT CYCLING (30MIN) Rachael				HIIT CYCLING(30MIN) Rachael	
9:30AM	BODYPUMP Rachael	CYCLING Lizzie		CYCLING Lizzie	BODYPUMP Rachael	CYCLING Lizzie
10:30AM	STRETCH & MEDITATE Morgan	SENIOR FIT Wendy		SENIOR FIT Carol	STRETCH & MEDITATE Morgan	ZUMBA Chanel
4:30PM		DANCE FUSION Morgan				
5:30PM	BODYJAM Morgan CYCLING Allison	BODYPUMP Lisa	YOGA Katie CYCLING Allison	BODYCOMBAT Lori		
6:30PM	BODYCOMBAT Ashley	R.I.P.P.E.D. Lesa	BODYPUMP Kourtney	ZUMBA Chanel		
7:30PM	MIXXED FIT Chanel	HIP HOP Stephanie		HIP HOP Stephanie		

	22	23	24	25	26	27
<b>8:30AM</b>		ZUMBA Yajaira		ZUMBA Yajaira	ZUMBA Yajaira	BODYPUMP Christy
<b>9:00AM</b>	HIIT CYCLING (30MIN) Rachael				HIIT CYCLING(30MIN) Rachael	
<b>9:30AM</b>	BODYPUMP Rachael	CYCLING Lizzie		CYCLING Lizzie	BODYPUMP Rachael	CYCLING Lizzie
<b>10:30AM</b>	STRETCH & MEDITATE Morgan	SENIOR FIT Wendy		SENIOR FIT Carol	STRETCH & MEDITATE Morgan	BODYJAM Morgan
<b>4:30PM</b>		DANCE FUSION Morgan				
<b>5:30PM</b>	BODYJAM Morgan CYCLING Allison	BODYPUMP Lisa	YOGA Katie CYCLING Allison	BODYCOMBAT Lori		
<b>6:30PM</b>	BODYCOMBAT Ashley	R.I.P.P.E.D. Lesa	BODYPUMP Kourtney	ZUMBA Chanel		
<b>7:30PM</b>	MIXXED FIT Chanel	HIP HOP Stephanie	<b>MIXXEDFIT Kristie</b>	HIP HOP Stephanie		
	30	31				
<b>8:30AM</b>		ZUMBA Yajaira				
<b>9:00AM</b>	HIIT CYCLING (30MIN) Rachael					
<b>9:30AM</b>	BODYPUMP Rachael	CYCLING Lizzie				
<b>10:30AM</b>	STRETCH & MEDITATE Morgan	SENIOR FIT Wendy				
<b>4:30PM</b>		DANCE FUSION Morgan				
<b>5:30PM</b>	BODYJAM Morgan CYCLING Allison	BODYPUMP Lisa				
<b>6:30PM</b>	BODYCOMBAT Ashley	R.I.P.P.E.D. Lesa				
<b>7:30PM</b>	MIXXED FIT Chanel	HIP HOP Stephanie				

**CLASSES HIGHLIGHTED IN RED ARE CANCELED DUE TO INSTRUCTOR AVAILABILITY, YELLOW ARE NEW/DIFFERENT FORMATS FOR THAT TIME SLOT**

- **NEW MIXXED FIT CLASS WITH KRISTIE STARTING 3/24 AT 7:30PM** - You asked for more MIXXEDFIT and you got it!
- **R.I.P.P.E.D. WITH LESA TUESDAYS AT 6:30PM** – Resistance, Intervals, Plyometrics, Power, Resistance, Endurance & Diet training all in one class! Modifications for all fitness levels!
- **HIIT ATTACK WITH LESA** – High intensity interval training – a great cardio & strength class with lots of options for all fitness levels.
- **DANCE FUSION WITH MORGAN TUESDAYS AT 4:30PM** – Dance Fusion is a mix of 30 minutes of hard-hitting dance cardio routines followed by barre movements to sculpt & tone your legs, booty, core & arms!