



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Morning Group Exercise Studio March

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday   | Sunday  |
|--|---|--|---|--|--|---|
| <u>5:30-6:20</u><br><b>Pure Strength</b><br>Jackie                             |   | <u>5:30-6:20</u><br><b>Boot Camp</b><br>Doug   |   | <u>5:30-6:20</u><br><b>Bar Bell Strength</b><br>Jackie<br>3/3 & 3/17<br><b>BODYPUMP</b><br>3/10 & 3/24 |  |   |
| <u>8:30 – 9:20</u><br><b>Barre</b><br>Wendy                                    | <u>8:30 – 9:20</u><br><b>Zumba®</b><br>Roula      | <u>8:00-8:45</u><br><i>New Time</i><br><b>Boot Camp</b><br>Doug  | <u>8:30 - 9:20</u><br><b>Cardio Kickboxing</b><br>Lyndsay | <u>8:30 – 9:20</u><br><b>Pure Strength</b><br>Kelly G.   | <u>8:30– 9:20</u><br><b>Cardio Strength Combo</b><br>Jackie/Kathie | <u>8:30 – 9:20</u><br><b>BODYPUMP</b><br>Kathie/Julie |
| <u>8:30 – 9:20</u><br><b>Queenax Circuits</b><br>Doug<br><i>Wellness Floor</i> | <u>8:30 – 9:20</u><br><b>Boot camp</b><br>Doug    | <u>8:55-9:25</u><br>Michelle<br><b>LES MILLS BODYPUMP</b><br>9:30-10:20<br><b>Women on Weights</b><br>Michelle K.<br><i>Wellness Floor</i> |   | <u>8:30-9:20</u><br><b>TRX Circuit</b><br>Toni   | <u>9:30 10:20</u><br><b>Pure Strength</b><br>Kathie/Jackie         |   |
| <u>9:30-10:20</u><br><b>BODYPUMP</b><br>Michelle                               | <u>9:30 – 10:20</u><br><b>Boot Camp</b><br>Jackie | <u>9:30-10:30</u><br><b>Zumba Gold</b><br>Angie  | <u>9:30-10:20</u><br><b>Barre</b><br>Jackie               | <u>9:30-10:20</u><br><b>TRX Circuit</b><br>Toni  | <u>10:30-11:20</u><br><b>Zumba</b><br>Roula                        | <u>11:30-12:20</u><br><b>Cardio Dance</b><br>Stacey   |



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# Evening Classes Group Exercise Studio March

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday | Saturday | Sunday |
|---|--|--|---|--------|----------|--------|
| <u>5:00- 5:50</u><br><b>Barre</b><br>Hannah       | <u>5:00-5:50</u><br><b>Zumba</b><br>Lisa                 | <u>5:00 - 5:50</u><br><b>Boot camp</b><br>Doug     | <u>5:00-5:50</u><br><b>Cardio FIT</b><br>Brenda           |        |          |        |
| <u>6:00-6:50</u><br><b>BodyPump</b><br>Laura      | <u>6:00-6:50</u><br><b>Pure Strength</b><br>Kathie Y,    | <u>6:00-6:50</u><br><b>Cardio Dance</b><br>Stacey  | <u>6:00 - 6:50</u><br><b>Cardio Intervals</b><br>Kathie Y |        |          |        |
| <u>7:00- 7:50</u><br><b>Kickboxing</b><br>Brandon | <u>7:00- 7:50</u><br><b>Cardio Kickboxing</b><br>Lyndsay | <u>7:00-7:50</u><br><b>SWERK Strength</b><br>Emily |   |        |          |        |



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# Group Exercise Schedule

## Active Older Adult – March

| Monday  | Tuesday  | Wednesday  | Thursday   | Friday   |
|---|--|--|--|--|
|   |  | <u>9:30-10:20</u><br><b>Zumba Gold</b><br>Angie                        |  | <u>9:30 – 10:20</u><br><b>NIA®</b><br>Amanda                         |
| <u>10:30 – 11:20AM</u><br><b>AOA – Strength and Fitness</b><br>Doug | <u>10:30 – 11:20AM</u><br><b>Fitness After 50</b><br>Amanda  | <u>10:30 – 11:20 AM</u><br><b>NIA®</b><br>Amanda                       | <u>10:30 -11:20 AM</u><br><b>Fitness After 50</b><br>Jan   | <u>10:30– 11:20 PM</u><br><b>Silver Sneakers Classic ®</b><br>Amanda |
| <u>11:30-12:20 PM</u><br><b>Silver Sneakers Classic</b><br>Jan      | <u>11:30-12:20 PM</u><br><b>Strength &amp; Balance</b><br>Phyllis<br><br><u>11:30-12:30</u><br><b>Lite Cycle and Strength</b><br>Sarah | <u>11:30 – 12:20 PM</u><br><b>Silver Sneakers Classic ®</b><br>Jessica | <u>11:30-12:20 PM</u><br><b>Strength &amp; Balance</b><br><br><u>12:30 – 1:00 PM</u><br><b>Tai Chi Light</b><br>Phyllis<br><b>MSB Studio</b> | <u>11:30-12:30PM</u><br><b>Chair Yoga</b><br>Kip                     |
| <u>12:30-1:20 PM</u><br><b>Chair Yoga</b><br>Danielle               | <u>1:00-1:50PM</u><br><b>Arthritis</b><br>Stella   | <u>12:30-1:20PM</u><br><b>Chair Yoga</b><br>Danielle                   | <u>1:00-1:50PM</u><br><b>Arthritis</b><br>Stella   |  |

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