

GROUP FITNESS/YOGA March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
TA Tara Absher CD Cate Davis KL Kimberly Leatherman SL Stacey Lockman	MM Mary Masius KM Kim McMurray JM Jamie Moon KP Katie Propst	TS Tamsey Smith Angel Angel Stoy JK J King RC Rob Cox	LF Laurie Flora SA Sarah Avett JB Janine Bithell AB Aimee Burke	CC Cindy Carlton	1)5:15 BODYPUMP SL 9:10 Cardio BLAST TS 10:00 Pilates TS 12:00 BODYPUMP JK	2 8:25 YoFITga TA 9:35 BODYPUMP TA 10:45 ZUMBA Rob
3 1:30 ZUMBA Rob 3:00 YoFITga TA	4) 5:15 BODYPUMP Angel 9:10 Cardio BLAST MM 10:00 SC BARRE KL 11:00 Pilates TS 12:00 BODYPUMP TS 4:30 STEP KP 5:30 SC BARRE TA 6:35 YoFITga TA	5 8:30 YoFITga TA 9:40 BODYPUMP TA 10:50 Gentle Yoga MM 12:00 SC BARRE KP 5:15 YoFITga TA 6:15 BODYPUMP TS	6 5:15 BODYPUMP JK 9:10 Cardio BLAST TS 12:00 BODYPUMP TS 5:30 SC BARRE CD 6:35 BODY BLAST JM	7 8:30 YoFITga TA 9:40 BODYPUMP TA 10:50 Gentle Yoga KM 12:00 SC BARRE KP 5:15 YoFITga MM 6:15 BODYPUMP JK *7:30 ZUMBA Sarah*	8 5:15 BODYPUMP SL 9:10 Cardio BLAST Janine 10:00 <u>Stretch, Foam Roll & Recovery</u> with JK 12:00 BODYPUMP JK	9 8:25 YoFITga MM 9:35 BODYPUMP JK 10:45 ZUMBA Rob
10 1:30 ZUMBA TONING Rob 3:00 YoFITga MM	11) 5:15 BODYPUMP Angel 9:10 Cardio BLAST MM 10:00 SC BARRE KL 11:00 Pilates TS 12:00 BODYPUMP TS 4:30 STEP KP 5:30 SC BARRE TA 6:35 YoFITga TA	12 8:30 YoFITga TA 9:40 BODYPUMP TA 10:50 Gentle Yoga MM 12:00 SC BARRE KP 5:15 YoFITga TA 6:15 BODYPUMP TS	13 5:15 BODYPUMP Angel 9:10 Cardio BLAST TS 12:00 BODYPUMP TS 5:30 SC BARRE CD 6:35 BODY BLAST JM	14 8:30 YoFITga MM 9:40 BODYPUMP KM 10:50 Gentle Yoga KM 12:00 SC BARRE KP 5:15 YoFITga TA 6:15 BODYPUMP CC *7:30 ZUMBA Sarah*	15 5:15 BODYPUMP SL 9:10 Cardio BLAST TS 10:00 Pilates TS 12:00 BODYPUMP CC	16 8:25 YoFITga TA 9:35 BODYPUMP TA 10:45 ZUMBA Sarah
17 1:30 ZUMBA Rob 3:00 YoFITga TA	18) 5:15 BODYPUMP Angel 9:10 Cardio BLAST Janine 10:00 SC BARRE KP 11:00 Pilates TS 12:00 BODYPUMP TS 4:30 STEP KP 5:30 SC BARRE TA 6:35 YoFITga TA	19 8:30 YoFITga TA 9:40 BODYPUMP TA *10:50 NO CLASS today* 12:00 SC BARRE KP 5:15 YoFITga TA 6:15 BODYPUMP TS	20 5:15 BODYPUMP JK 9:10 Cardio BLAST TS 12:00 BODYPUMP TS 5:30 SC BARRE KP 6:35 BODY BLAST JM	21 8:30 YoFITga TA 9:40 BODYPUMP TA 10:50 Gentle Yoga KM 12:00 SC BARRE KP 5:15 YoFITga TA 6:15 BODYPUMP JK *7:30 ZUMBA Aimee*	22 5:15 BODYPUMP SL 9:10 Cardio BLAST Laurie 10:00 <u>Stretch, Foam Roll & Recovery</u> with JK 12:00 BODYPUMP JK	23 8:25 YoFITga TA 9:35 BODYPUMP Angel 10:45 ZUMBA Laurie
24 1:30 ZUMBA Laurie 3:00 YoFITga TA	25) 5:15 BODYPUMP Angel 9:10 Cardio BLAST MM 10:00 SC BARRE KP 11:00 Pilates TS 12:00 BODYPUMP TS 4:30 STEP KP 5:30 SC BARRE TA 6:35 YoFITga TA	26 8:30 YoFITga TA 9:40 BODYPUMP TA 10:50 Gentle Yoga MM 12:00 SC BARRE KP 5:15 YoFITga TA 6:15 BODYPUMP TS	27 5:15 BODYPUMP JK 9:10 Cardio BLAST TS 12:00 BODYPUMP TS 5:30 SC BARRE CD 6:35 BODY BLAST JM	28 8:30 YoFITga MM 9:40 BODYPUMP KM 10:50 Gentle Yoga KM 12:00 SC BARRE KP 5:15 YoFITga TA 6:15 BODYPUMP JK *7:30 ZUMBA Sarah*	29 5:15 BODYPUMP SL 9:10 Cardio BLAST TS 10:00 Pilates TS 12:00 BODYPUMP JK	30 8:25 YoFITga TA 9:35 BODYPUMP JK 10:45 ZUMBA Rob
31 1:30 ZUMBA Rob 3:00 YoFITga TA						