

# MARCH

# GROUP EXERCISE



| SUNDAY   | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY                                     |
|--|--|---|---|--|--|--|
|  |  |   | 1<br>9-Mat Pilates– Jamie<br>10:15-Tabata– Dan<br><br><b>5:30-Jamz Plus-Helen</b><br>6:30-Kick Azz– Krista          | 2<br>9-Jamz– Serena<br>10:15-Kick Azz– Terry<br><br>5:45-Yoga– Geri      | 3<br>9-Tabata– Molly<br>10:15-BS/Barre– Terry  | 4<br>8:30-20/20/20– Jennifer                 |
| 5<br>9:15-Tabata– Dan<br>10:30-Yoga– Diane         | 6<br>9-BOSU/CT– Jennifer<br>10:15-BS/Abs– Dee<br>4:45-Boot Camp– Candice<br>5:45-Yoga– Geri<br>6:50-Jamz– Molly        | 7<br>9-Cardio/Strength/ Intervals– Dan<br><br>4:30-PIYO– Stephanie<br>5:45-Turbo Kick–Kelly S       | 8<br>9-Mat Pilates– Jamie<br>10:15-Tabata– Valerie<br><br><b>5:30-Jamz Plus– Helen</b><br>6:30-Kick Azz– Krista     | 9<br>9-Jamz– Serena<br>10:15-Kick Azz– Molly<br><br>5:45-Yoga– Geri      | 10<br>9-20/20/20– Marcella<br>10:15-Pilates/Barre– Valerie   | 11<br>8:30-Kick Azz– Dan                     |
| 12<br>9:15-20/20/20– Molly<br>10:30-Yoga– Erin     | 13<br>9-BOSU/CT– Valerie<br>10:15-BS/Abs– Terry<br>4:45-Body Barre– Candice<br>5:45-Yoga– Geri<br>6:50-Jamz– Molly     | 14<br>9-Cardio/Strength/ Intervals– Jennifer<br><br>4:30-Pilates– Valerie<br>5:45-RIPPED– Krista    | 15<br>9-Mat Pilates– Jamie<br>10:15-ST/CT– Jennifer<br><br><b>5:30-Jamz Plus– Helen</b><br>6:30-Kick Azz– Krista    | 16<br>9-Jamz– Serena<br>10:15-Kick Azz– Dan<br><br>5:45-Yoga– Diane      | 17<br>9-Tabata– Valerie<br>10:15-BS/Barre– Terry   | 18<br>8:30-Boot Camp– Candice                |
| 19<br>9:15–Jamz– Serena<br>10:30-Yoga– Erin        | 20<br>9-BOSU/CT– Lisa<br>10:15-Stretch/ Strengthen– Dee<br>4:45-Tabata– Valerie<br>5:45-Yoga– Geri<br>6:50-Jamz– Karen | 21<br>9-Cardio/Strength/ Intervals– Lisa<br><br>4:30-Pilates Fusion– Stephanie<br>5:45-CT/Abs– Geri | 22<br>9-Mat Pilates– Valerie<br>10:15-Tabata– Jennifer<br><br><b>5:30-Jamz Plus– Helen</b><br>6:30-Kick Azz– Krista | 23<br>9-Jamz– Serena<br>10:15-Kick Azz– Jennifer<br><br>5:45-Yoga– Diane | 24<br>9-20/20/20– Molly<br>NO 10:15 Today<br><br><b>6-Join us for our Spin/ Jamz Happy Hour. Several Instructors. Refreshments Afterwards.</b> | 25<br>8:30-Cardio/ Strength/Intervals– Karen |
| 26<br>9:15-Boot Camp– Candice<br>10:30-Yoga– Diane | 27<br>9-BOSU/CT– Jennifer<br>10:15-BS/Abs– Terry<br>4:45-CT/Abs– Geri<br>5:45-Yoga– Geri<br>6:50-Jamz– Karen           | 28<br>9-Cardio/Strength/ Intervals– Valerie<br><br>4:30-PIYO– Stephanie<br>5:45-Tabata– Kelly S     | 29<br>9-Mat Pilates– Jamie<br>10:15-Turbo Kick– Lisa<br><br><b>5:30-Jamz Plus– Helen</b><br>6:30-Kick Azz– Krista   | 30<br>9-Jamz– Serena<br>10:15-Kick Azz– Lisa<br><br>5:45-Yoga– Diane     | 31<br>9-ST/CT– Jennifer<br>10:15-Pilates/Barre– Valerie  |  |