

MARCH AEROBICS SCHEDULE

MONDAY AM	MONDAY PM
5:45-6:30 Cycle/Tone (Esther)	
8:00-9:00 Mixed Level Yoga (Ruth)	5:15-6:15 Toning (Pam)
9:15-10:15 CardioDance (Jenn)	6:15-7:15 Athletic Yoga (Pam)
10:15-11:00 Toning (Jenn)	6:00-8:00 Martial Arts (lobby)
11:00-12:00 Yoga (SalliJo)	7:15-8:15 Bootcamp (Anthony)
10:00-10:45 Balance(Nancy) Fit Center 11:00-11:45 Balance(Nancy) Fit Center	
TUESDAY AM	TUESDAY PM
5:45-6:30 Bootcamp (Johanna)	4:30-5:30 Yoga (Ruth)
8:00-9:00 Yopalates (Cynthia)	5:45-6:30 Cycle/Tone (Nancy)
9:00-10:00 Tabata/Toning (Wendy)	6:30-7:30 Tabata (Robyn)
10:00-11:00 SS Chair Class (Nancy)	
11:00-12:00 SS Chair Class (Nancy)	
WEDNESDAY AM	WEDNESDAY PM
5:45-6:30 Interval Training (Johanna)	
8:00-9:00 Yoga: (Pat) 3/7, 3/14, 3/21 (SallieJo) 3/28	5:00-6:00 Toning (Pam)
9:15-10:15 Zumba(Denise)	6:00-8:00 Martial Arts(meet in lobby)
10:15-11:00 Cycle (Nancy)	6:00-7:00 YogaPower (Pam)
11:00-12:00 Yoga (SalliJo)	7:30-8:30 Bootcamp (Anthony)
11:00-12:00 Water Fitness (Nancy)	
THURSDAY AM	THURSDAY PM
5:45-6:45 Circuit Training (Johanna)	4:30-5:30 Yoga for Core Strength (Pat)
8:00-9:00 Pilates (Leslie F)	5:30-6:30 Step (Donna)
9:00-10:00 QiGong (Leslie F)	6:30-7:30 Core de Force (Eleni)
10:00-11:00 CardioKickbox (Nancy)	
11:00-12:00 SS Chair Class (Nancy)	
FRIDAY AM	FRIDAY PM
5:45-6:45 Core Training (Eleni)	5:00-6:00 Joy Yoga (Cynthia) 3/2, 3/16
8:00-9:00 Strength & Tone (Mary)	
9:00-10:00 Basic Strength (Ahamad)	
10:00-11:00 Bootcamp Lite/Tabata (Ahamad)	
11:00-12:00 Yoga (SallieJo)	
SATURDAY AM	SUNDAY AM
9:00-10:00 Tone: Donna: 3/10, 3/24 Wendy: 3/3, 3/17	9:00-10:00 Cardio Blast (Robyn)
10:00-11:00 CardioDance (Vicky)	10:00-11:00 Core (Donna)
10:00-11:00 Cycle (Nancy)	11:00-12:00 Bootcamp (Anthony)
11:00-12:00 Yoga: Ruth: 3/10, 3/24 Pat: 3/3, 3/17, 3/31	11:00-11:45 Zumba
	12:00-12:45 High Intensity Zumba

Water Aerobics 9:30-10:30- Monday- Friday