

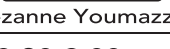






March 2019 - Group Exercise Class Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:30am CARDIO STRENGTH [Dana Wiltz]	5:00-6:00am EXTREME BODY BLAST [Jean Green]	5:15-6:15am CYCLE [Danielle Nordskog]	5:00-6:00am EXTREME BODY BLAST [Jean Green]	5:15-6:15am CYCLE [Danielle Nordskog]	5:15-6:15am PT EXTREME BODY BLAST [Jean Green]	7:15-8:15am CYCLE [Jean Green]
9:00-10:00am CYCLE [Jamie Hawn]	6:00-7:00am CYCLE [Mike Schmidt]	8:30-9:00am CARDIO EXPRESS [Jen Azevedo]	6:00-7:00am CYCLE [Mike Schmidt]	5:45-6:45am TOTAL BODY [April Larson]	6:00-7:00am CYCLE [Mike Schmidt]	8:00-9:00am  [Joelle Davis]
9:30-10:40am  [Joelle Davis]	8:30-9:40am  [Cezanne Youmazzo]	8:30-9:30am CYCLE [Melanie Vovk]	6:30-7:30am  [Joelle Davis]	8:30-9:30am TOTAL BODY [Jen Azevedo]	7:00-8:00am YOGA PC [Kimberly Nunley]	8:30-9:30am CYCLE [Cezanne Youmazzo]
11:00am-12:15pm YOGA PC [Kimberly Nunley]	8:30-9:00am INTERVAL CYCLE EXPRESS [Trish Deboni]	9:00-9:30am CORE EXPRESS [Jen Azevedo]	8:30-9:30am CYCLE FUSION [Heather Deffenbaugh]	8:30-9:30am CYCLE FUSION [Lynette Willis]	8:30-9:30am CARDIO STRENGTH [Trish Deboni]	9:00-10:00am LIQUID CARDIO [Amanda Billimore]
	8:30-9:30am TREADMILL [Melanie Vovk]	8:30-9:30am CYCLE [Melanie Vovk]	8:30-9:40am YOGA [Kimberly Nunley]	9:00-10:00am LIQUID CARDIO [Jodi Broz]	8:30-9:00am INTERVAL CYCLE EXPRESS [Cezanne Youmazzo]	9:15-10:15am CARDIO STRENGTH [April Larson]
	9:15-10:15am CYCLE [Trish Deboni]	9:00-10:00am LIQUID CARDIO [Rosemary Comptelli]	9:30-10:30am TREADMILL [Melanie Vovk]	9:30-10:30am BOOTY BARRE BLAST [Rana McDonald]	9:30-10:40am INTERVAL CYCLE EXPRESS [Cezanne Youmazzo]	9:45-10:45am CYCLE [Trish Deboni]
	9:45-11:00am YOGA [Kimberly Nunley]	9:30-10:30am BARRE BODY [Jodi Broz]	9:45-10:45am PILATES MAT [Cezanne Youmazzo]	10:30-11:30am CARDIO STRENGTH [Lynette Willis]	8:30-9:30am TREADMILL FUSION [Melanie Vovk]	10:15-11:15am ZUMBA [Amanda Billimore]
	11:00-12:00pm PILATES MAT [Cezanne Youmazzo]	10:30-11:30am CORRECTIVE YOGA [Adelynn Spiecker]	10:45-11:45am TOTAL BODY [Melanie Vovk]	11:30-12:45pm YOGA [Leith O'Leary]	9:30-10:40am  [Trish Deboni]	
	12:00-1:00pm TOTAL BODY [April Larson]	10:30-11:30am TREADMILL FUSION [Melanie Vovk]	4:15-5:00pm PC HIP HOP [Lisa Debear]	4:00-5:00pm KIDS FITNESS [Andrew Basile]	9:30-10:30am CYCLE [Gwen Dignadice]	
	5:00-6:00pm CYCLE [Heather Deffenbaugh]	12:00-1:00pm  [Jodi Broz]	5:00-5:30pm CARDIO EXPRESS [Trish Deboni]	5:30-6:30pm CARDIO STRENGTH [Danielle Nordskog]	10:45-11:45am PILATES MAT [Gwen Dignadice]	
	5:30-6:30pm CARDIO STRENGTH [April Larson]	4:00-5:00pm KIDS FITNESS [Andrew Basile]	5:30-6:30pm  [Trish Deboni]	5:30-6:30pm CYCLE [Rosemary Competelli]	5:30-6:30pm ZUMBA [Patricia Alvarez]	
	6:00-7:00pm TREADMILL [Jodi Broz]	5:30-6:30pm TOTAL BODY [Dana Wiltz]	5:30-6:30pm CYCLE [Melanie Vovk]	6:30-7:30pm TOTAL BODY [Dana Wiltz]		
	6:30-7:45pm YOGA [Andrea Dill]	6:00-7:00pm CYCLE [Mike Schmidt]	6:00-7:00pm TREADMILL [Jodi Broz]			
		6:30-7:30pm BARRE BODY [Jodi Broz]	6:45-7:45pm ZUMBA [Amanda Billimore]			

