

March
Fitness Group Exercise
Class Schedule

					1 Super Sweat 10 a.m.- 11 a.m.	2 Zumba 9 a.m.- 10- a.m.
3	4 Fit For Life 8:45-10 a.m. Super Sweat 10 a.m.- 11 a.m. Yoga (Fitness members only) 3:15-4 p.m. Total Body Conditioning 5:15- 6:15 p.m.	5 Fit For Life 8:45-10 a.m.. Yoga (Fitness members only) 3:15-4 p.m. Boxing & Strength 5:15 p.m.- 6:15 p.m. Zumba 6:30- 7:30 p.m.	6 Fit For Life 8:45-10 a.m. Super Sweat 10 a.m.- 11 a.m. Total Body Conditioning 5:15- 6:15 p.m.	7 Fit For Life 8:45-10 a.m. Yoga (Fitness members only) 3:15-4 p.m. War 5:15 p.m.- 6:15 p.m.	8 Super Sweat 10 a.m.- 11 a.m.	9 Zumba 9 a.m.- 10- a.m.
10	11 Fit For Life 8:45-10 a.m. Super Sweat 10 a.m.- 11 a.m. Yoga (Fitness members only) 3:15-4 p.m. Total Body Conditioning 5:15- 6:15 p.m.	12 Fit For Life 8:45-10 a.m. Vital Choice 1 p.m.- 2 p.m. Yoga (Fitness members only) 3:15-4 p.m. Tabata & More 5:15 p.m.- 6:15 p.m. Zumba 6:30- 7:30 p.m.	13 Fit For Life 8:45-10 a.m. Super Sweat 10 a.m.- 11 a.m. Zumba 5:15 p.m.- 6:15 p.m.	14 Fit For Life 8:45-10 a.m. Yoga (Fitness members only) 3:15-4 p.m. Powerbarz 5:15 p.m.- 6:15 p.m.	15 Super Sweat 10 a.m.- 11 a.m.	16 Zumba 9 a.m.- 10 a.m.
17	18 Fit For Life 8:45-10 a.m. Super Sweat 10 a.m.- 11 a.m. Yoga (Fitness members only) 3:15-4 p.m. Total Body Conditioning 5:15- 6:15 p.m.	19 Fit For Life 8:45-10 a.m. Vital Choice 1 p.m.- 2 p.m. Yoga (Fitness members only) 3:15-4 p.m. Boxing & Strength 5:15 p.m.- 6:15 p.m. Zumba 6:30- 7:30 p.m.	20 Fit For Life 8:45-10 a.m. Super Sweat 10 a.m.- 11 a.m. Yoga (Fitness members only) 11:15-12 p.m. Total Body Conditioning 5:15- 6:15 p.m.	21 Fit For Life 8:45-10 a.m. Yoga (Fitness members only) 3:15-4 p.m. War 5:15 p.m.- 6:15 p.m.	22 Super Sweat 10 a.m.- 11 a.m.	23 Total Body Conditioning 9 a.m.- 10 a.m.
24 31	25 Fit For Life 8:45-10 a.m. Super Sweat 10 a.m.- 11 a.m. Yoga (Fitness members only) 3:15-4 p.m. Total Body Conditioning 5:15- 6:15 p.m.	26 Fit For Life 8:45-10 a.m. Vital Choice 1 p.m.- 2 p.m. Yoga (Fitness members only) 3:15-4 p.m. Tabata & More 5:15 p.m.- 6:15 p.m. Zumba 6:30- 7:30 p.m.	27 Fit For Life 8:45-10 a.m. Super Sweat 10 a.m.- 11 a.m. Yoga (Fitness members only) 11:15-12 p.m. Total Body Conditioning 5:15- 6:15 p.m.	28 Fit For Life 8:45-10 a.m. Yoga (Fitness members only) 3:15-4 p.m. Powerbarz 5:15 p.m.- 6:15 p.m.	29 Super Sweat 10 a.m.- 11 a.m.	30 Zumba 9 a.m.- 10 a.m.