



GROUP FITNESS

SPORTS OF ALL SORTS



MARCH ~ 2018

				1 9:30 - 10:20 (TONI) TODAY ONLY SENIOR YOGA	2 9:30-10:20 (Toni) Senior Strength & Cond. 10:30 - 11:20 (Toni) SilverSneakers Classic	3
4	5 8:30 - 9:20 (Angi) Senior Strength 9:30 - 10:20 (Lisa) Senior Strength 10:30-11:20 (Lisa) Silver Sneaker's Classic 6:30 - 7:25 (Stacey) HIIT CARDIO	6 9:30-10:20 (Toni) SENIOR'S YOGA 6:30 - 7:25 (Stacey) TABATA	7 8:30-9:20 (Stacey) CARDIO SCULPT ! 9:30 - 10:20 (Stacey) Senior Strength PLUS + 10:30-11:20 (Angi) Silver Sneaker's Classic 6:30 - 7:20 (Tammy) TURBOKICK!	8 10:00 - 10:30 (Lisa) BETTER BALANCE 10:40-11:40 (Lisa) CARDIO DANCE	9 9:30-10:20 (Toni) Senior Strength & Cond. 10:30 - 11:20 (Toni) SilverSneakers Classic	10
11	 12 8:30 - 9:20 (Angi) Senior Strength 9:30 - 10:20 (Lisa) Senior Strength 10:30-11:20 (Angi) Silver Sneaker's Classic 6:30 - 7:25 (Lisa) CARDIO DANCE	13 9:30-10:20 (Toni) SENIOR'S YOGA 6:30 - 7:25 (Tammy) TURBOKICK!	14 8:30 - 9:20 (Angi) CARDIO SCULPT ! 9:30 - 10:20 (Lisa) Senior Strength PLUS + 10:30-11:20 (Angi) Silver Sneaker's Classic 6:30 - 7:20 (Tammy) PIYO	15 10:00 - 10:30 (Lisa) BETTER BALANCE 10:40-11:40 (Lisa) CARDIO DANCE	16 9:30-10:20 (Toni) Senior Strength & Cond. 10:30 - 11:20 (Toni) SilverSneakers Calssic	17
18	19 8:30 - 9:20 (Angi) Senior Strength 9:30 - 10:20 (Lisa) Senior Strength 10:30-11:20 (Lisa) Silver Sneaker's Classic 6:30 - 7:25 (Stacey) HIIT CARDIO	20 9:30-10:20 (Toni) SENIOR'S YOGA 6:30 - 7:25 (Stacey) TABATA	21 8:30-9:20 (Stacey) CARDIO SCULPT ! 9:30 - 10:20 (Stacey) Senior Strength PLUS + 10:30-11:20 (Angi) Silver Sneaker's Classic 6:30 - 7:20 (Tammy) TURBOKICK!	22 10:00 - 10:30 (Lisa) BETTER BALANCE 10:40-11:40 (Lisa) CARDIO DANCE	23 9:30-10:20 (Toni) Senior Strength & Cond. 10:30 - 11:20 (Toni) SilverSneakers Calssic	24
25	26 8:30 - 9:20 (Angi) Senior Strength 9:30 - 10:20 (Lisa) Senior Strength 10:30-11:20 (Lisa) Silver Sneaker's Classic 6:30 - 7:25 (Stacey) HIIT CARDIO	27 9:30-10:20 (Toni) SENIOR'S YOGA 6:30 - 7:25 (Tammy) TURBOKICK!	28 8:30-9:20 (Stacey) CARDIO SCULPT ! 9:30 - 10:20 (Stacey) Senior Strength PLUS + 10:30-11:20 (Lisa) Silver Sneaker's Classic 6:30 - 7:20 (Tammy) PIYO	29 10:00 - 10:30 (Lisa) BETTER BALANCE 10:40-11:40 (Lisa) CARDIO DANCE	30 9:30-10:20 (Toni) Senior Strength & Cond. 10:30 - 11:20 (Toni) SilverSneakers Calssic	31