



MARCH FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
SilverSneakers Classic (Hollie) 10-10:50am	Water Toning (Lee) 7:30-8:15am Lap Pool	SilverSneakers Classic (Hollie) 10-10:50am	Water Toning (Lee) 7:30-8:15am Lap Pool	SilverSneakers Classic (Hollie) 10-10:50am
SilverFitness Circuit (Hollie) 11:15am-12:15pm	Aqua Yoga (Lee) 8:30-9:15am Lap Pool	SilverFitness Circuit (Hollie) 11:15am-12:15pm	Aqua Yoga (Lee) 8:30-9:15am Lap Pool	SilverFitness Circuit (Hollie) 11:15am-12:15pm
<p><i>*Classes are held in the Studio unless otherwise noted</i></p> <p><i>*Please bring a bottle of water to class</i></p> <p><i>*Classes subject to cancel due to low participation</i></p> <p><i>*Classes subject to change monthly</i></p> <p><i>*Register for specialty classes at Front Desk</i></p>	Zumba (Velinda) 9:30-10:20am	TRX Lower Body (Janine) 1:40-2:30pm <i>*March 1 - April 5</i>	Zumba (Velinda) 9:30-10:20am	TRX Upper Body (Janine) 1:40-2:30pm <i>*March 3 - April 7</i>
	SilverFitness Splash (Lee) 9:15-10:00am Lap Pool		SilverFitness Splash (Lee) 9:15-10:00am Lap Pool	
	SilverFitness Yoga (Hollie) 11:30am -12:30pm		SilverFitness Yoga (Hollie) 11:30am-12:30pm	
	SilverFitness Classic (Hollie) 1-1:50pm		SilverFitness Classic (Hollie) 1-1:50pm	
	Zumba (Velinda) 5-5:50pm		BOOTY Sculpt (Kim S) 5-5:50pm	Silver Chair Yoga (Bob) 2:30-3:30pm
BOOTY Sculpt (Kim S) 5-5:50pm	Water Combo Workout (Ryan) 6-6:45pm Lap Pool	Fitness Blast (Tracy) 6-6:50pm	Zumba (Velinda) 5-5:50pm	
Gentle Yoga (Bob) 5:30-6:45pm Community - B	Hardcore (Ashley) 6-7:00pm	YOGATHLETE (Ashley) 6-7:00pm Multi-A	Water Combo Workout (Kayla) 6-6:45pm Lap Pool	
Fitness Blast (Tracy) 6-6:50pm	Open Yoga (Bob) 6-7:15pm Community - B	POUND Rockout Workout (Tracy & Ashley) 7:15-8pm <i>*March 1 - March 29</i>	Hardcore (Ashley) 6-7:00pm	

SWEAT. SCULPT. ROCK.

