

March FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	
<p><i>Classes are held in the Studio <u>unless otherwise noted</u></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>Splash & Tone (Lee) 8:15-9:00am Lap Pool</p>	<p>Silver Sneakers Classic (Lee) 11:15-12:05pm</p>	<p>Splash & Tone (Lee) 8:15-9:00am Lap Pool</p>	<p>Saturday</p> <p>POUND Rockout Workout or Circuit Saturday (Ashley/Tracy) 9-9:45am</p>	
	<p>Aqua Yoga (Lee) 9:10-9:55am Lap Pool</p>	<p><i>Please scan or check at front desk for most current schedule</i></p> <p><i>*Classes subject to change monthly</i></p>	<p>Aqua Yoga (Lee) 9:10-9:55am Lap Pool</p>		<p>March 3, 17, 31 - Circuit Saturday</p> <p>March 10, 24 - POUND Rockout Workout</p> <p><i>*Changes monthly.</i></p> <p>**Starting week of 3/12</p>
	<p>Silver Sneakers Classic (Lee) 10:10-11:00am</p>		<p>Silver Chair Yoga (Bob) 2:30-3:30pm</p>		
	<p>Silver Sneakers Yoga (Lee) 11:15-12:05pm</p>		<p>Zumba** (Velinda) 5:00-5:50pm</p>		
	<p>Zumba** (Velinda) 5:00-5:50pm</p>		<p>Combo Water Workout (Melissa) 6:00-6:45pm</p>		
<p>Rock Bottom (Ashley/Tracy) 5-5:50pm</p>	<p>Combo Water Workout (Melissa) 6:00-6:45pm</p>	<p>Totally Toning* (Tracy) 6-6:50pm</p>	<p>Combo Water Workout (Melissa) 6:00-6:45pm</p>		
<p>Gentle Yoga (Bob) 5:30-6:45pm Community - B</p>	<p>Hardcore (Ashley) 6-7:00pm</p>	<p>Power Yoga for Athletes (Ashley) 6-7:00pm Multi-A</p>			
<p>Totally Toning* (Tracy) 6-6:50pm</p>	<p>Open Yoga (Bob) 6-7:15pm Community - B</p>	<p>POUND Rockout Workout (Ashley/Tracy) 7-7:50pm</p>	<p>Hardcore (Ashley) 6-7:00pm</p>		

