



GROUP FITNESS SCHEDULES

ADAMS		March 6 - 26						*This schedule is subject to change	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
5:00-7:00am	Total Body Blast Jodi (2-3) 5:30-6:10		Total Body Blast Jodi (2-3) 5:30-6:10						
9:00-10AM	Low-Impact Toning Sherry (1-2) 9:15-10:00	Boom Move! Sandy (1-2) 9:15-10:00	TRX Sherry (2) 9:15-10:00	Boom Move! Sandy (1-2) 9:15-10:00					
10:00-11:00am									
11:00-12:00pm	SilverSneakers Sandy (1) 10:30-11:15	SilverSneakers Sandy (1) 10:30-11:15	SilverSneakers Donna (1) 10:30-11:15	SilverSneakers Sandy (1) 10:30-11:15	SilverSneakers Donna (1) 10:30-11:15				
3:00-4:00pm									
4:00-5:00pm									
5:00-6:00pm		Total Body Blast Erin (2-3) 5:10 - 5:50		Total Body Blast Erin (2-3) 5:10-5:50					
		Yoga Heather (0) 6-6:45		Yoga Heather (0) 6-6:45pm					

1 = Beginner

2 = Intermediate

3 = Advance

0 = All Levels

*No 5:30am Class March 1st & 8th, moving to March 3rd & 10th