

MARCH GROUP EXERCISE SCHEDULE

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Sunday |
|-----------|---|--|--|--|---|-----------------------------|
| 8:00 a.m. | Stretching (Mary) | Spin (Mary) | Cardio-Pilates Mix (Loralee) | Stretching (Mary) | | |
| 9:00 a.m. | Water Aerobics (Mary) | Water Aerobics (Mary) | | Water Aerobics (Mary) | | |
| 9:30 a.m. | | | | | | |
| 3:15 p.m. | Spin Class (Loralee) *limit 5 | | Spin Class (Loralee) *limit 5 | | | |
| 3:00 p.m. | | | | | | Dance Fit (Susan) |
| 3:30 p.m. | | | | | **Dance Fit/Step (Susan or Loralee) | |
| 4:00 p.m. | Spin/TRX Combo (Loralee) *limit 5 | | Spin/TRX Combo (Loralee) *limit 5 Beginner Step (Susan) | | | |
| 4:30 p.m. | | Becoming Weight Wise (Laura) | Dance Fit (Susan) | Step & Pilates (Loralee) | | |
| 4:45 p.m. | | | | | | |
| 5:00 p.m. | TRX/Spin Combo (Loralee) *limit 5 | | Spin/TRX Combo (Loralee) *limit 5 | | | |
| 5:30 p.m. | Water Aerobics (Charlotte) | Dance Tone (Brittany) | Water Aerobics (Charlotte) | | | |
| 6:00 | Barre (Lindsey)*limit 8 | | | | | |

Members pay a \$1.00 per day and non members pay the walk in fee of \$5.00.

** The class will rotate between Dance Fit and Step/Pilates