

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**LUCKY SPIN
W/JACQUE
FRIDAY,
MARCH 15th
6PM – 7PM
\$5/MEMBER
\$8/NON-MEMBER
SIGN-UP AT THE
FRONT DESK**

28
Step Aerobics: Jamie 9:15am
Drums Alive: Dawn 10:15am
Silver Sneakers Yoga: Dawn 11:15am
SPIN: Kelly 6:15pm

29
Cycle & Strength Kim 9:00am
Silver Sneakers 10:00am
Body sculpt: Jamie 6:00pm
Pedal & Pump 7pm

30 20/20/20 w/Kim cardio * strength * core 9:00am
Silver Sneakers/Cardio Circuit 10:45am
TRIPLE THREAT w/Kelly cardio * strength * core 6:15pm
****ZUMBA CLASS**** 7:15pm

31
Kettlebells w/Kim 9:00am
Silver Sneakers 10:00am -11:00am
CYCLE & ABS w/Jacque 6:00pm
Cardio Sculpt: Kim 7pm

1 Step: Jamie 9:00am
Silver Sneakers/_ Cardio Circuit 10:00am
Drums Alive: Dawn 11am
Walk Tone: Dawn 12pm

2
SPIN: Kelly 7:30am
YOGA inCOREporated w/Jamie 8:15am
ZUMBA Toning: Georgann 9:30am

4
Step Aerobics: Jamie 9:15am
Drums Alive: Dawn 10:15am
Silver Sneakers Yoga: Dawn 11:15am
SPIN: Kelly 6:15pm

5
Cycle & Strength Kim 9:00am
Silver Sneakers 10:00am
Body sculpt: Jamie 6:00pm
Pedal & Pump 7pm


6 20/20/20 w/Kim cardio * strength * core 9:00am
Silver Sneakers/Cardio Circuit 10:45am
TRIPLE THREAT w/Kelly cardio * strength * core 6:15pm
****ZUMBA CLASS**** 7:15pm

7
Kettlebells w/Kim 9:00am
Silver Sneakers 10:00am -11:00am
CYCLE & ABS w/Jacque 6:00pm

8 Step: Jamie 9:00am
Silver Sneakers/_ Cardio Circuit 10:00am
Drums Alive: Dawn 11am
Walk Tone: Dawn 12pm

9
SPIN: Kelly 7:30am
YOGA inCOREporated w/Jamie 8:15am
ZUMBA Toning: Georgann 9:30am

HOURS
MON – THURS: 5:30am - 9pm
FRI: 5:30am – 7pm
SAT: 7am – 4pm
SUN: 8am – 12pm



11
Step Aerobics: Jamie 9:15am
Drums Alive: Dawn 10:15am
Silver Sneakers Yoga: Dawn 11:15am
SPIN: Kelly 6:15pm

12
Cycle & Strength Kim 9:00am
Silver Sneakers 10:00am
Body sculpt: Jamie 6:00pm
Pedal & Pump 7pm

13 20/20/20 w/Kim cardio * strength * core 9:00am
Silver Sneakers/Cardio Circuit 10:45am
TRIPLE THREAT w/Kelly cardio * strength * core 6:15pm
****ZUMBA CLASS**** 7:15pm

14
Kettlebells w/Kim 9:00am
Silver Sneakers 10:00am -11:00am
CYCLE & ABS w/Jacque 6:00pm
Cardio Sculpt: Kim 7pm

15 Step: Jamie 9:00am
Silver Sneakers/_ Cardio Circuit 10:00am
Drums Alive: Dawn 11am
Walk Tone: Dawn 12pm
**LUCKY SPIN
6PM-7PM**

16
SPIN: Kelly 7:30am
YOGA inCOREporated w/Jamie 8:15am
ZUMBA Toning: Georgann 9:30am

18
Step Aerobics: Jamie 9:15am
Drums Alive: Dawn 10:15am
Silver Sneakers Yoga: Dawn 11:15am
SPIN: Kelly 6:15pm

19
Cycle & Strength Kim 9:00am
Silver Sneakers 10:00am
Body sculpt: Jamie 6:00pm
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21
Kettlebells w/Kim 9:00am
Silver Sneakers 10:00am -11:00am
CYCLE & ABS w/Jacque 6:00pm
Cardio Sculpt: Kim 7pm

22 Step: Jamie 9:00am
Silver Sneakers/_ Cardio Circuit 10:00am
Drums Alive: Dawn 11am
Walk Tone: Dawn 12pm

23
SPIN: Kelly 7:30am
YOGA inCOREporated w/Jamie 8:15am
ZUMBA Toning: Georgann 9:30am

**PRESS YOUR
LUCK
CHALLENGE
MARCH 1st-31st**

**DETAILS AT THE
FRONT DESK**

25
Step Aerobics: Jamie 9:15am
Drums Alive: Dawn 10:15am
Silver Sneakers Yoga: Dawn 11:15am
SPIN: Kelly 6:15pm

26
Cycle & Strength Kim 9:00am
Silver Sneakers 10:00am
Body sculpt: Jamie 6:00pm
Pedal & Pump 7pm

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****ZUMBA CLASS**** 7:15pm

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Kettlebells w/Kim 9:00am
Silver Sneakers 10:00am -11:00am
CYCLE & ABS w/Jacque 6:00pm
Cardio Sculpt: Kim 7pm

29 Step: Jamie 9:00am
Silver Sneakers/_ Cardio Circuit 10:00am
Drums Alive: Dawn 11am
Walk Tone: Dawn 12pm

30
SPIN: Kelly 7:30am
YOGA inCOREporated w/Jamie 8:15am
ZUMBA Toning: Georgann 9:30am