



**MARCH 2023**  
**Group Fitness Schedule**  
 New Time or Classes in Red

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
Cardio Mix 9:15 - 10:00 am  Pilates 10:00 - 11:00 am  Stretch and Tone 11:15 - 11:45 am	Strength Training 9:15 - 10:00 am  Cardio Mix 10:00 - 11:00 am  Stretch and Balance 11:30 am - 12:10 pm	Yoga 9:15 - 10:00 am  Beginning Line Dance 10:30 - 11:00 am  Advanced Line Dance 11:00 - 11:30 am  Stretch and Tone 11:30 am - 12:10 pm	Cycling Class 8:30 - 9:10 am  Low Impact Interval 9:15 - 10:00 am  Pilates 10:00 - 11:00 am  Gentle Yoga 11:30 am - 12:30 pm	<b>Cycling Class</b> <b>6:30 - 7:10 am</b>  Strength Training 9:15 - 10:00 am  Pilates 10:00 - 11:00 am  Stretch and Tone 11:15 - 11:55 am	Zumba 10:00 - 11:00 am
Beginner Line Dance 5:30 - 6:00 pm  Advanced Line Dance 6:00 - 6:30 pm	Boot Camp 5:30 - 6:00 pm  Cycling Class 6:00 - 6:40 pm  Gentle Yoga 6:30 - 7:30 pm	<b>Gentle Beginner Yoga</b> <b>4:00 - 4:45 pm</b>	Boot Camp 5:30 - 6:30 pm  <b>Zumba</b> <b>6:30 - 7:30 pm</b>		