

# CLASS SCHEDULE

WEEK OF 3/16 - 3/22

SPINNING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3/23	3/17	3/18	3/19	3/20	3/21	3/22

## ALL SPIN CLASSES CANCELLED

GROUP EXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3/23	3/17	3/18	3/19	3/20	3/21	3/22
8:30 – 9:15AM Hard Body H.I.I.T. Neda	Happy St. Patricks Day!	8:30 – 9:15AM Group TRX Class Cathy (separate fee)	7:15 - 8:00AM Hard Body HIIT Neda	8:30 – 9:15AM Muscle Up! Babs	8:30 – 9:30AM Ripped & Revved Up Cathy	8:30 – 9:30AM F.I.T. Neda
9:30 – 10:30AM Beyond Strength Cathy	9:30 – 10:30AM Barre/Lates Leigh	9:30 – 10:30AM Ripped & Revved Up Cathy	9:30 – 10:30AM Barre Leigh	9:30 – 10:30AM *F.I.T. Neda	10:30 – 11:15AM Group TRX Class Cathy (separate fee)	10:00 – 11:00AM Gentle Yoga Loretta
12:00 - 1:00PM Any Stage/Any Age Cathy		6:00 - 7:00PM Reboot & Rejuvenate Yoga Flow Beth	5:30 – 6:15PM Muscle Up! Cathy		11:30 – 12:15PM Zumba Noa	
		7:00 – 7:45PM Group TRX Class Cathy (separate fee)				

UPDATED GYM HOURS:

MONDAY-FRIDAY: 7AM-12PM, 4PM-8PM  
 SAT & SUN: 7AM-12PM

*All instructors are certified for your safety!  
 Where TBA is indicated, they are rotated weekly.  
 Schedule and instructors are subject to change without notice.*