




























March 17th to 23rd

GROUP FITNESS



SUNDAY 3/17	MONDAY 3/18	TUESDAY 3/19	WEDNESDAY 3/20	THURSDAY 3/21	FRIDAY 3/22	SATURDAY 3/23
	 6:30-7:15AM TRX (Kari)		 6:05-7:00AM Spinning (Kim)		 6:30-7:15AM TRX (Kari)	
					 7:00-8:00AM Spinning (Kim)	
	 8:00-9:00AM Spinning (Karen)		 8:00-9:00AM Spinning (Karen)		 7:30-8:30AM Power Yoga (Christy)	 8:00-9:00AM Power Core (Ivazina)
	 9:30- 10:30AM Zumba®/Strength (Emily)	 9:30-10:45AM Vinyasa Yoga (Jennie)	 9:30- 10:30AM Zumba®/Strength (Emily)	 9:30-10:45AM Vinyasa Yoga (Jennie)	 9:30- 10:30AM Zumba®/Strength (Emily)	 9:30-10:45AM Vinyasa Yoga (Marissa)
	 11:30-12:15PM Ski Fit (Staci)		 11:30-12:15PM Ski Fit (Staci)	 11:00-12:00PM Gentle Yoga for Mobility (Jennie)		 11:00-12:00PM Zumba® (Courtney)
 4:30-5:30PM Yin Yoga (Leanne)				 4:00- 6:00PM Karate Club (Suz)		 4:00- 6:00PM Karate Club (Suz)
	 5:15-6:15PM Strength & Core (Ivazina)	 5:30-6:45PM Power Yoga (Christy)	 5:15-6:15PM Strength & Core (Ivazina)			
	 6:30-7:45PM Vinyasa Yoga (Kelly)		 6:30-7:45PM Vinyasa Yoga (Kelly)	 6:15-7:15PM Pilates (Leanne)		



SPINNING



DANCE



STRENGTH



YOGA



Suspension Training



Karate

*PLEASE CHECK WEBSITE OR ASK OUR HOSTS AT THE FRONT DESK FOR CANCELATIONS AND UPDATES