



## March Schedule

\*This class will also be provided virtually  
Studios: (A)=3403, (B)=3405, (C)=2403

Virtual Only

### Monday

Yoga w/ Tony @ 8:00am

\*Reb3l Groove Dance/Strength w/  
Nancy @ 8:30am (B)

Cardio Core Strength w/ Jan @ 9:30am (A)

\*Yoga w/ Leah @ 10:45am (B)

Body Pump w/ Mark @ 5:45pm (B)

\*Cardio Core Strength w/ Ellen J @ 6:00pm (A)

### Tuesday

\*HIIT Burst w/ Victor @ 6:30am (A)

Yoga w/ Tony @ 8:00am

\*Barre/Strength/Yoga w/ Ellen H @ 8:30am (C)

\*Pilates w/ Darlene @ 9:30am (A)

NEW! Stretch 45 w/ Ellen H @ 9:35am (B)

NEW! Gentle Yoga w/ Sheila @ 10:45am (B)

Step w/ Mary @ 5:00pm (A)

Yoga w/ Tony @ 5:30pm

Cycle 45 w/ Bruce @ 5:45pm (B)

### Wednesday

\*Reb3l Strength w/ Nancy @ 6:30am (B)

DFX w/ Jenn @ 8:30am (B)

\*TBC w/ Alison @ 9:30am (A)

Cardio Plus w/ Janie @ 9:45am (B)

\*Yoga w/ Jan B/Georgia @ 10:45am (A)

\*Turbo Pilates w/ Ellen J @ 5:15-6:00pm (A)

Body Pump w/ Erin @ 5:30pm (B)

\*Zumba w/ Lilia @ 6:30pm (A)

### Thursday

\*HIIT Burst w/ Victor @ 6:30am (A)

Yoga w/ Tony @ 8:00am

\*Barre/Strength/Yoga w/ Ellen H @ 8:30am (C)

\*Pilates w/ Darlene @ 9:30am (A)

Gentle Yoga w/ Shelia @ 10:45am (B)

Core Strength w/ Pat @ 4:00pm (B)

NEW! Cycle 45 w/ Bruce @ 5:45pm (B)

### Friday

Cycle 45 w/ Victor @ 6:30am (B)

Body Pump w/ Anna @ 8:15am (B)

Reb3l Groove Dance w/ Nancy @ 8:30am (A)

\*Cardio Core Strength w/ Pat @ 9:30am (A)

Cardio Plus w/ Janie @ 9:45am (B)

\*Yoga w/ Jan B @ 10:45 (A)

### Saturday

\*Core Strength w/ Ellen H @ 8:30am (A)

Yoga w/ Tony @ 9:30am

\*Zumba w/ Tash 3/18, 3/25 & Lilia 3/4, 3/11  
@ 10:00am (A)

Body Pump w/ Irina @ 10:00am (B)

### Sunday

Yoga w/ Tony @ 3:00pm