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All classes are ***FREE***

 to members

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$5 for non-members

**GROUP FITNESS SCHEDULE**

**March 2016**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| SUNDAY | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  | **\*\*Reminder: You must sign up for the Jungle Gym class. Limited spots available.** **(6 spots per class)** | **1****P90X @ 5:15am** **Yoga @ 4:45pm****ZUMBA @ 6:30pm** | **2****PiYo @ 5:30am****P90X @ 4:30pm****Jungle Gym @ 6pm****Jungle Gym @ 6:45pm** | **3****P90X @ 5:15am****Jungle Gym @ 10am****ZUMBA @ 6:30pm** | **4****P90X @ 4:30pm****Yoga @ 4:45pm****Yoga @ 6:30pm** | **5****P90X @ 8am****Yoga @ 9am****ZUMBA @ 10am** |
| **6** | **7****SBR Boot Camp @ 5:30am****Yoga @ 9am****Zumba @ 10 am****P90X @ 4:30pm****Yoga @ 6:30pm****ZUMBA @ 6:30pm** | **8****Yoga @ 4:45pm****SBR Boot Camp @ 9am****ZUMBA @ 6:30pm** | **9****SBR Boot Camp @ 5:30am****SBR Boot Camp @ 9am****P90X @ 4:30pm****Jungle Gym @ 6pm Jungle Gym @ 6:45pm** | **10** **P90X @ 5:15am****SBR Boot Camp @ 9am****Jungle Gym @ 10am****ZUMBA @ 6:30pm** | **11** **SBR Boot Camp @ 5:30am****P90X @ 4:30pm****Yoga @ 4:45pm****Yoga @ 6:30pm** | **12****P90X @ 8am****Yoga @ 9am****ZUMBA @ 10am** |
| **13** | **14** **SBR Boot Camp @ 5:30am****Yoga @ 9am****Zumba @ 10 am****P90X @ 4:30pm****Yoga @ 6:30pm****ZUMBA @ 6:30pm** | **15****P90X @ 5:15am** **SBR Boot Camp @ 9am****Yoga @ 4:45pm****ZUMBA @ 6:30pm** | **16****SBR Boot Camp @ 5:30am** **SBR Boot Camp @ 9am****P90X @ 4:30pm****Jungle Gym @ 6pm Jungle Gym @ 6:45pm** | **17****P90X @ 5:15am SBR Boot Camp @ 9am****Jungle Gym @5pm****Jungle Gym @ 5:45pm****ZUMBA @ 6:30pm** | **18****SBR Boot Camp @ 5:30am****P90X @ 4:30pm****Yoga @ 4:45pm****Yoga @ 6:30pm** | **19****P90X @ 8am****Yoga @ 9am****ZUMBA @ 10am** |
| **20** | **21****Yoga @ 9am****Zumba @ 10 am****P90X @ 4:30pm****Yoga @ 6:30pm****ZUMBA @ 6:30pm** | **22****P90X @ 5:15am****Yoga @ 4:45pm****ZUMBA @ 6:30pm** | **23****P90X @ 4:30pm****Jungle Gym @ 6pm Jungle Gym @ 6:45pm** | **24****P90X @ 5:15am****Jungle Gym @5pm Jungle Gym @ 5:45pm****ZUMBA @ 6:30pm** | **25****Y Closed – Good Friday** | **26****P90X @ 8am****Yoga @ 9am****ZUMBA @ 10am** |
| **27** | **28****Insanity @ 5:30am****Yoga @ 9am****Zumba @ 10 am****P90X @ 4:30pm****Yoga @ 6:30pm****ZUMBA @ 6:30pm** | **29****P90X @ 5:15am****Yoga @ 4:45pm****ZUMBA @ 6:30pm** | **30****PiYo @ 5:30am****P90X @ 4:30pm****Jungle Gym @ 6pm Jungle Gym @ 6:45pm****INSTRUCTORS****GWEN – ZUMBA/Yoga SARA – Yoga KATHY – ZUMBA** **JACKIE – Insanity/PiYo/SBR Boot Camp Karinsa – P90X SHELLEY –ZUMBA Evan – Jungle Gym**  | **31****P90X @ 5:15am****Jungle Gym @5pm Jungle Gym @ 5:45pm****ZUMBA @ 6:30pm** |  |  |

Child Watch is available M-Th. 5:30pm-7:45pm for 6mth-9yr olds.
**FREE** for members
$5/child for non-members