## 

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