

"Your body can stand almost anything. It's your mind you have to convince." 💪

GROUP EXERCISE SCHEDULE

MARCH 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Stretching Tai Chi MFBB @ 9:00am-10:00am Body Pump @ 6:00pm-7:00pm	3 Yoga @ 9:00am-10:00am	4 Stretch/Strength @ 9:00am-10:00am Body Pump @ 6:15pm-7:15pm	5 Yoga @ 9:00am-10:00am Champion Cheer @ 5:45pm-8:45pm	6 Stretch/Strength @ 9:00am-10:00am RENTAL @ 10:45am-11:45am	7
8	9 Stretching Tai Chi MFBB @ 9:00am-10:00am Body Pump @ 6:00pm-7:00pm	10 Yoga @ 9:00am-10:00am	11 Stretch/Strength @ 9:00am-10:00am Body Pump @ 6:15pm-7:15pm	12 Yoga @ 9:00am-10:00am Champion Cheer @ 5:45pm-8:45pm	13 Stretch/Strength @ 9:00am-10:00am	14
15	16 Stretching Tai Chi MFBB @ 9:00am-10:00am Body Pump @ 6:00pm-7:00pm	17 Yoga @ 9:00am-10:00am	18 Stretch/Strength @ 9:00am-10:00am Body Pump @ 6:15pm-7:15pm	19 Yoga @ 9:00am-10:00am Champion Cheer @ 5:45pm-8:45pm	20 Stretch/Strength @ 9:00am-10:00am	21
22	23 Stretching Tai Chi MFBB @ 9:00am-10:00am Body Pump @ 6:00pm-7:00pm	24 Yoga @ 9:00am-10:00am	25 Stretch/Strength @ 9:00am-10:00am Body Pump @ 6:15pm-7:15pm	26 Yoga @ 9:00am-10:00am	27 Stretch/Strength @ 9:00am-10:00am	28
29	39 Stretching Tai Chi MFBB @ 9:00am-10:00am Body Pump @ 6:00pm-7:00pm	31 Yoga @ 9:00am-10:00am				

Y Classes are FREE for Members

Tom - Yoga
Shelly - Stretch
Amanda - Body Pump
Gwen - Stretching/Zumba/Tai Chi MFBB
Jeff - Body Pump/Zumba Gold
Beth - Stretch

Group Exercise Descriptions

Body Pump: This class, by Les Mills, is for anyone looking to get lean, toned and fit-fast. Using light to moderate weights with lots of repetition, Body Pump gives you a total body workout.

Yoga: Get a great workout to tone your body and improve your flexibility and balance while calming your mind and renewing your spirit!

Zumba[®] Gold: A modified Zumba[®] class that recreates the original moves you love at a lower-intensity.

Tai Chi MFBB: Tai Chi Moving for Better Balance is a class that focuses on improving participants' balance. The concepts for the moves are taken from Tai Chi and this class will improve your balance as you practice the movements.

Stretch/Strength: This class will work on flexibility as well as toning muscles. It is a great workout for all fitness levels.