

SPRING SCHEDULE--Effective 3/19/2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:30am 30 MINUTE CARDIO**	9:30AM UPPER & LOWER BODY	9:30am 30 minute cardio	8:45am SPINNING	9:00AM BOSU BALANCE & CORE*	9:30am cardio/ sculpt
9:00am zumba	10:00am weights & abs	10:00am abs	10:00am weights & abs	9:30am body shaping	9:15AM BODY SHAPING	10:15am abs
9:00AM SPINNING	10:30am ZUMBA	10:15am mat pilates	10:30am zumba	10:15am latin cardio/ sculpt	10:00AM 30 MINUTE CARDIO**	10:30am upper & lower body
9:45am 30 minute cardio	10:30am yoga	10:30am yoga	10:30am gentle yoga	10:30am yoga	10:30am ZUMBA GOLD	11:00am zumba
10:15am abs express	5:45PM BODY SHAPING	1:00pm chair fit	5:45pm body shaping	1:00pm chair yoga	10:30am YOGA	
10:30AM BARRE/ MAT PILATE	6:30Pm ZUMBA	6:00pm step express	6:30pm zumba	6:00pm step express	*BOSU IS ON 1ST FRI OF MONTH ONLY	
CLASS WILL ALTERNATE BETW THE 2 FORMATS MONTHLY	6:30pm yoga	6:30pm zumba/ sculpt	**Cardio/ Step 1st Mon & Fri of month	6:30pm zumba	SCHED SUBJECT TO CHANGE	
				6:30pm yoga		

