



March 2025

The Ohio Gym group exercise schedule



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2		3 9:30am Zumba-Kayla 10:30am Power Pump -Jamie 5:30pm 20/20/20 -Robin	4 9:30am Zumba -Kayla 5:30pm Muscle Madnes -Barb	5 9:30am Cardio -TBA 4:30pm CrunchTime -Erin 5:30pm WTS&YOGA -Robin	6 9:30am PowerPump -Jamie 10:30am Zumba -Kelly 5:30pm 20/20/20 -Barb	7 9:30am WERQ -Hannah	8 9:30am FITFORCE -Scott
9		10 9:30am Zumba -Kayla 10:30am PowerPump -Jamie 5:30pm 20/20/20 -Robin	11 9:30am Zumba -Kayla 5:30pm Muscle Madnes -Barb	12 9:30am Zumba -Penny 4:30pm CrunchTime -Erin 5:30pm WTS&YOGA -Robin	13 9:30am PowerPump -Jamie 10:30am Zumba -Kelly 5:30pm 20/20/20 -Barb	14 9:30am Cardio -TBA	15 9:30am FITFORCE -Scott
16		17 9:30am Zumba -Penny 10:30am PowerPump -Jamie 5:30pm Zumba -Kayla	18 9:30am Zumba -Kayla 5:30pm Muscle Madnes -Barb	19 9:30am Zumba -Penny 4:30pm CrunchTime -Erin 5:30pm WTS&YOGA -Robin	20 9:30am PowerPump -Jamie 10:30am Zumba -Kelly 5:30pm 20/20/20 -Barb	21 9:30am WERQ -Hannah	22 9:30am FITFORCE -Scott
23		24 9:30am Zumba -Penny 10:30am PowerPump -Jamie 5:30pm Zumba-Kayla	25 9:30am Zumba -Kayla 5:30pm Muscle Madnes -Bard	26 9:30am Zumba -Penny 4:30pm CrunchTime -Erin 5:30pm WTS&YOGA -Robin	27 9:30am PowerPump -Jamie 10:30am Zumba -Kelly 5:30pm 20/20/20 -Barb	28 9:30am WERQ -Hannah	29 9:30am FITFORCE -Scott
30		31 9:30am Zumba -Penny 10:30am PowerPump -Jamie 5:30pm Zumba -Kayla					

