

MARCH GROUP FITNESS CALENDAR



MONDAY

- 9-9:45AM** ZUMBA [JENNY]
- 10-10:45AM** SILVER SNEAKERS CLASSIC [SUE]
- 4:30-5:15PM** ZUMBA PARMA SCHOOLS [JENNY]
- 5:45-6:30PM** ZUMBA [KEISHLA]
- 6:30-7:15PM** STRICTLY TABATA [DK]

TUESDAY

- 9:15-9:45AM** BODY SCULPT [JOANN]
- 10-10:45AM** SILVER SNEAKERS YOGA [JOANN]
- 4:30-5:15PM** STRENGTH & STRETCH PARMA SCHOOLS [DK]
- 5:30-6:00PM** SPIN [MICHELLE]
- 6:00-6:30PM** STRONG NATION [MICHELLE]
- 6:30-7:15PM** XTREME HIP HOP STEP DEMO [JOI] *MARCH 26

WEDNESDAY

- 10-10:45AM** SILVER SNEAKERS CIRCUIT [SUE]
- 4:30-5:15PM** CORE, CARDIO + STRENGTH PARMA SCHOOLS [JOANN]
- 5:45-6:30PM** ZUMBA [KEISHLA]
- 6:30-7:15PM** MARVELOUS MUSCLE [MARLIN]

THURSDAY

- 9:15-9:45AM** BODY SCULPT [JOANN]
- 10-10:45AM** SILVER SNEAKERS YOGA [JOANN]
- 4:30-5:15PM** BODY TONING PARMA SCHOOL [DK]
- 5:30-6:15PM** ZUMBA TONING [MICHELLE]
- 6:30-7:15PM** BARS, BELLS & BOTTOMS [DK]
- 7:00-7:45PM** CARDIO DANCE [STEPHANIE]
*1ST THURSDAY OF THE MONTH

FRIDAY

- 9-9:45AM** BALANCE [MARIANA]
- 10-10:45AM** SILVER SNEAKERS CLASSIC [SUE]

SATURDAY

- 9-9:45AM** KICKBOXING [AMANDA]
- 10-10:45AM** ZUMBA [MICHELLE]
- 11-11:45AM** LINE DANCE [SUE]
*1ST SATURDAY OF THE MONTH

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