



MARCH GROUP EXERCISE SCHEDULE

MONDAY

9:30am
Zumba
-Penny

10:30am
Power Pump
-Jamie

5:30pm
Zumba
-Kayla

NEW
6:30pm
3/23 only
Cycle
-Monica
***\$5 Members
\$10 non-
members
Registration
Required****

TUESDAYS

9:30am
Zumba
-Kelly

***No class 3/3**

5:30pm
Muscle Madness
-Barb

WEDNESDAYS

NEW
8:00am
3/11 & 3/25
BOOTCAMP
-Michelle

9:30am
Zumba
-Penny

NEW
10:30am
3/11 only
Powerful Yoga Flow
-Wendy B.

5:30pm
WTS & YOGA
-Robin
***No class 3/18**

***\$5 Members/Non-
members**

Line Dancing with
Brianna
3/11 & 3/25 only

THURSDAYS

9:30am
Power Pump
-Jamie

10:30am
Zumba
-Kelly

5:30pm
20/20/20
-Barb

FRIDAYS

NEW
8:30am
3/6 only
Mat Pilates
-Michelle

9:30am
WERQ
-Hannah

SATURDAYS

9:30am
FITFORCE
-Scott

NEW
10:30am
3/21 only
Powerful Yoga Flow
-Wendy B.

SUNDAYS



*"Go the
extra mile-
it's never
crowded
there"*

Be sure to follow our Facebook page for updates and cancellations!