


March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1			1 9:00 Zone Tone (Shannon) 10:30 iTone (Rissa) 10:45 SilverSneakers (Danielle) 12:15 Yoga (Amy) 5:30 iSweat (Rissa)	2 8:00 Track & Trail (Shannon)
3	4 9:00 Barre (Shannon) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 5:00 Yoga (Amy) 7:00 Barre (Shannon)	5 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 1:00 Form & Feeling (Shannon) 5:30 Cardio Acceleration (Rissa)	6 6:45am Yoga (Amy) 9:30 Power Camp/ Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 5:15 Power Yoga (Amy)	7 9:00 Body Pump (Carol) 10:30 Fit For Life (Carol) 1:00 Form & Feeling (Shannon) 5:30 Cardio Acceleration (Rissa)	8 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 SilverSneakers (Carol) 12:15 Yoga (Amy) 5:30 iSweat (Rissa)	9
10	11 9:00 Barre (Shannon) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 5:00 Yoga (Amy) 7:00 Barre (Shannon)	12 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 1:00 Form & Feeling (Shannon) 5:30 Cardio Acceleration (Rissa)	13 6:45am Yoga (Amy) 9:30 Power Camp/ Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 5:15 Power Yoga (Amy)	14 9:00 Body Pump (Carol) 10:30 Fit For Life (Carol) 1:00 Form & Feeling (Shannon) 5:30 Cardio Acceleration (Rissa)	15 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 SilverSneakers (Carol) 12:15 Yoga (Amy) 5:30 iSweat (Rissa)	16 8:00 Track & Trail (Shannon)
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