



# March Group Fitness Schedule 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	1	2	3	4
<p><b>2:00</b> Cycle + Core (Danielle S.)</p> <p><b>10:00</b> Stretch Express (Danielle P.)</p> <p><b>1:00</b> Kids Yoga (Kappy)</p> <p><b>5:00</b> Power Yoga (Kappy)</p>	<p><b>6:10</b> Quick HITT er (Bre)</p> <p><b>6:45</b> Gentle Yoga (Kappy)</p> <p><b>9:00</b> Barre (Danielle P.)</p> <p><b>9:00</b> Zumba (Ariagna)</p> <p><b>10:00</b> Stretch Express (Danielle P.)</p> <p><b>10:30</b> ITone (Rissa)</p> <p><b>5:00</b> Power Yoga (Kappy)</p>	<p><b>8:15</b> Morning Tai Chi (Rissa)</p> <p><b>9:00</b> Spin (Carol)</p> <p><b>10:30</b> Fit For Life (Carol)</p> <p><b>10:45</b> Strong Nation (Ariagna)</p> <p><b>1:00</b> Kids Yoga (Kappy)</p> <p><b>5:30</b> Tai Chi (Rissa)</p> <p><b>6:30</b> Yoga (Kappy)</p>	<p><b>6:45</b> Gentle Yoga (Kappy)</p> <p><b>9:00</b> Power Camp / Kettlebell (Carol)</p> <p><b>9:00</b> Zumba (Ari)</p> <p><b>10:30</b> ITone (Rissa)</p> <p><b>10:45</b> Silver Sneakers (Carol)</p> <p><b>5:30</b> Power Yoga (Kappy)</p>	<p><b>8:00</b> Spin Express (Carol)</p> <p><b>9:00</b> Body Pump Flex and Define (Carol)</p> <p><b>10:30</b> Fit for Life (Carol)</p> <p><b>6:30</b> Yoga (Kappy)</p>	<p><b>6:45</b> Gentle Yoga (Kappy)</p> <p><b>9:00</b> Zone Tone (Carol)</p> <p><b>10:30</b> ITone (Rissa)</p> <p><b>6:30</b> Power Hour (Bre)</p>	<p><b>8:10</b> Weekend Warrior (Bre)</p> <p><b>9:00</b> Zumba (Ariagna)</p>
5	6	7	8	9	10	11
<p><b>2:00</b> Cycle + Core (Danielle S.)</p> <p><b>10:00</b> Stretch Express (Danielle P.)</p> <p><b>10:30</b> ITone (Rissa)</p> <p><b>5:00</b> Power Yoga (Kappy)</p>	<p><b>6:10</b> Quick HITT er (Bre)</p> <p><b>6:45</b> Gentle Yoga (Kappy)</p> <p><b>9:00</b> Barre (Kappy)</p> <p><b>9:00</b> Zumba (Ariagna)</p> <p><b>10:00</b> Stretch Express (Kappy)</p> <p><b>1:00</b> Kids Yoga (Kappy)</p> <p><b>5:00</b> Power Yoga (Kappy)</p>	<p><b>8:15</b> Morning Tai Chi (Rissa)</p> <p><b>9:00</b> Spin (Carol)</p> <p><b>10:30</b> Fit For Life (Carol)</p> <p><b>10:45</b> Strong Nation (Ariagna)</p> <p><b>5:30</b> Cardio Tone (Danielle S.)</p> <p><b>6:30</b> Tai Chi (Rissa)</p> <p><b>6:30</b> Yoga (Kappy)</p>	<p><b>6:30</b> Total Body Torch (Danielle S.)</p> <p><b>6:45</b> Gentle Yoga (Kappy)</p> <p><b>9:00</b> Power Camp / Kettlebell (Carol)</p> <p><b>9:00</b> Zumba (Ari)</p> <p><b>10:30</b> ITone (Rissa)</p> <p><b>10:45</b> Silver Sneakers (Carol)</p> <p><b>5:30</b> Power Yoga (Kappy)</p>	<p><b>8:00</b> Spin Express (Carol)</p> <p><b>9:00</b> Body Pump Flex and Define (Carol)</p> <p><b>10:30</b> Fit for Life (Carol)</p> <p><b>5:30</b> Tai Chi (Rissa)</p> <p><b>6:30</b> Yoga (Kappy)</p>	<p><b>6:30</b> Total Body Torch (Danielle S.)</p> <p><b>6:45</b> Gentle Yoga (Kappy)</p> <p><b>8:15</b> Tai Chi 101 (Rissa)</p> <p><b>9:00</b> Zone Tone (Bre)</p> <p><b>10:30</b> ITone (Rissa)</p> <p><b>10:45</b> Chair Yoga (Kappy)</p> <p><b>6:30</b> Power Hour (Bre)</p>	<p><b>8:10</b> Weekend Warrior (Bre)</p> <p><b>9:00</b> Zumba (Ariagna)</p>
12	13	14	15	16	17	18
<p><b>2:00</b> Cycle + Core (Danielle S.)</p> <p><b>10:00</b> Stretch Express (Kappy)</p> <p><b>1:00</b> Kids Yoga (Kappy)</p> <p><b>5:00</b> Power Yoga (Kappy)</p>	<p><b>6:10</b> Quick HITT er (Bre)</p> <p><b>6:45</b> Gentle Yoga (Kappy)</p> <p><b>9:00</b> Barre (Kappy)</p> <p><b>9:00</b> Zumba (Ariagna)</p> <p><b>10:00</b> Stretch Express (Kappy)</p> <p><b>1:00</b> Kids Yoga (Kappy)</p> <p><b>5:00</b> Power Yoga (Kappy)</p>	<p><b>8:15</b> Morning Tai Chi (Rissa)</p> <p><b>9:00</b> Spin (Kappy)</p> <p><b>10:30</b> Chair Yoga (Kappy)</p> <p><b>10:45</b> Strong Nation (Ariagna)</p> <p><b>1:00</b> Kids Yoga (Kappy)</p> <p><b>5:30</b> Cardio Tone (Danielle S.)</p> <p><b>6:30</b> Yoga (Kappy)</p>	<p><b>6:45</b> Gentle Yoga (Kappy)</p> <p><b>9:30</b> Power Camp / Kettlebell (Jessica)</p> <p><b>9:00</b> Zumba (Ari)</p> <p><b>10:30</b> ITone (Rissa)</p> <p><b>10:45</b> Chair Yoga (Kappy)</p> <p><b>5:30</b> Power Yoga</p>	<p><b>8:00</b> Spin Express (Kappy)</p> <p><b>9:00</b> Body Pump Flex and Define (Jessica)</p> <p><b>10:30</b> Chair Yoga (Kappy)</p> <p><b>5:30</b> Tai Chi (Rissa)</p> <p><b>6:30</b> Yoga (Kappy)</p>	<p><b>6:45</b> Gentle Yoga (Kappy)</p> <p><b>8:15</b> Tai Chi 101 (Rissa)</p> <p><b>9:00</b> Zone Tone (Jessica)</p> <p><b>10:30</b> ITone (Rissa)</p> <p><b>10:45</b> Chair Yoga (Kappy)</p> <p><b>6:30</b> Power Hour (Bre)</p>	<p><b>8:10</b> Weekend Warrior (Bre)</p> <p><b>9:00</b> Zumba (Ariagna)</p>
19	20	21	22	23	24	25
<p><b>2:00</b> Cycle + Core (Carol)</p> <p><b>10:00</b> Stretch Express (Danielle S.)</p> <p><b>10:30</b> ITone (Rissa)</p> <p><b>5:00</b> Power Yoga (Kappy)</p>	<p><b>6:10</b> Quick HITT er (Bre)</p> <p><b>6:45</b> Gentle Yoga (Kappy)</p> <p><b>9:00</b> Barre (Danielle S.)</p> <p><b>9:00</b> Zumba (Ariagna)</p> <p><b>10:00</b> Stretch Express (Danielle S.)</p> <p><b>10:30</b> ITone (Rissa)</p> <p><b>5:00</b> Power Yoga (Kappy)</p>	<p><b>8:15</b> Morning Tai Chi (Rissa)</p> <p><b>9:00</b> Spin (Carol)</p> <p><b>10:30</b> Fit For Life (Carol)</p> <p><b>10:45</b> Strong Nation (Ariagna)</p> <p><b>5:30</b> Cardio Tone (Danielle S.)</p> <p><b>5:30</b> Tai Chi (Rissa)</p> <p><b>6:30</b> Yoga (Kappy)</p>	<p><b>6:30</b> Total Body Torch (Danielle S.)</p> <p><b>6:45</b> Gentle Yoga (Kappy)</p> <p><b>9:00</b> Power Camp / Kettlebell (Carol)</p> <p><b>9:00</b> Zumba (Ari)</p> <p><b>10:30</b> ITone (Rissa)</p> <p><b>10:45</b> Silver Sneakers (Carol)</p> <p><b>5:30</b> Power Yoga (Kappy)</p>	<p><b>8:00</b> Spin Express (Carol)</p> <p><b>9:00</b> Body Pump Flex and Define (Carol)</p> <p><b>10:30</b> Fit for Life (Carol)</p> <p><b>10:45</b> Strong Nation (Ariagna)</p> <p><b>5:30</b> Tai Chi (Rissa)</p> <p><b>6:30</b> Yoga (Kappy)</p>	<p><b>6:30</b> Total Body Torch (Danielle S.)</p> <p><b>6:45</b> Gentle Yoga (Kappy)</p> <p><b>8:15</b> Tai Chi 101 (Rissa)</p> <p><b>9:00</b> Zone Tone (Carol)</p> <p><b>10:30</b> ITone (Rissa)</p> <p><b>10:45</b> Silver Sneakers (Carol)</p> <p><b>6:30</b> Power Hour (Bre)</p>	<p><b>8:10</b> Weekend Warrior (Bre)</p> <p><b>9:00</b> Zumba (Ariagna)</p>
26	27	28	29	30	31	1
<p><b>2:00</b> Cycle + Core (Danielle S.)</p> <p><b>10:00</b> Stretch Express (Danielle P.)</p> <p><b>1:00</b> Kids Yoga (Kappy)</p> <p><b>5:00</b> Power Yoga (Kappy)</p>	<p><b>6:10</b> Quick HITT er (Bre)</p> <p><b>6:45</b> Gentle Yoga (Kappy)</p> <p><b>9:00</b> Barre (Danielle P.)</p> <p><b>9:00</b> Zumba (Ariagna)</p> <p><b>10:00</b> Stretch Express (Danielle P.)</p> <p><b>10:30</b> ITone (Rissa)</p> <p><b>1:00</b> Kids Yoga (Kappy)</p> <p><b>5:00</b> Power Yoga (Kappy)</p>	<p><b>8:15</b> Morning Tai Chi (Rissa)</p> <p><b>9:00</b> Spin (Carol)</p> <p><b>10:30</b> Fit For Life (Carol)</p> <p><b>10:45</b> Strong Nation (Ariagna)</p> <p><b>1:00</b> Kids Yoga (Kappy)</p> <p><b>5:30</b> Tai Chi (Rissa)</p> <p><b>6:30</b> Yoga (Kappy)</p>	<p><b>6:30</b> Total Body Torch (Danielle S.)</p> <p><b>6:45</b> Gentle Yoga (Kappy)</p> <p><b>9:00</b> Power Camp / Kettlebell (Carol)</p> <p><b>9:00</b> Zumba (Ari)</p> <p><b>10:30</b> ITone (Rissa)</p> <p><b>10:45</b> Silver Sneakers (Carol)</p> <p><b>5:30</b> Power Yoga (Kappy)</p>	<p><b>8:00</b> Spin Express (Carol)</p> <p><b>9:00</b> Body Pump Flex and Define (Carol)</p> <p><b>10:30</b> Fit for Life (Carol)</p> <p><b>5:30</b> Tai Chi (Rissa)</p> <p><b>6:30</b> Yoga (Kappy)</p>	<p><b>6:30</b> Total Body Torch (Danielle S.)</p> <p><b>6:45</b> Gentle Yoga (Kappy)</p> <p><b>8:15</b> Tai Chi 101 (Rissa)</p> <p><b>9:00</b> Zone Tone (Carol)</p> <p><b>10:30</b> ITone (Rissa)</p> <p><b>10:45</b> Silver Sneakers (Carol)</p> <p><b>6:30</b> Power Hour (Bre)</p>	<p><b>8:10</b> Weekend Warrior (Bre)</p> <p><b>9:00</b> Zumba (Ariagna)</p>