



# March Group Fitness 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	1 6:45 A.M. Gentle Yoga (Kappy) 9:00 A.M. Zone Tone (Carol) 10:30 A.M. iTone (Rissa) 10:45 A.M. Silver Sneakers (Carol)	2 8:10 A.M. Weekend Warrior (Bre) 10:00 A.M. Tai Chi (Rissa)
3	4 6:45 A.M. Gentle Yoga (Kappy) 9:15 A.M. Zumba (Ariagna) 10:30 A.M. iTone (Rissa) 5:00 P.M. Power Yoga (Kappy)	5 8:15 A.M. Morning Tai Chi (Rissa) 9:00 A.M. Spin (Carol) 10:30 A.M. Fit For Life (Carol) 10:45 A.M. Strong Nation (Ariagna) 4:00 P.M. Beginner's Tai Chi (Rissa) 6:00 P.M. Ready, Set, Sweat! (Bre)	6 6:45 A.M. Gentle Yoga (Kappy) 9:00 A.M. Power Camp / Kettlebell (Carol) 9:05 A.M. Zumba (Ariagna) 10:30 A.M. iTone (Rissa) 10:45 A.M. Silver Sneakers (Carol) 5:00 P.M. Power Yoga (Kappy)	7 8:00 A.M. Spin Express (Carol) 9:00 A.M. Body Pump Flex and Define (Carol) 10:30 A.M. Fit for Life (Carol) 5:00 P.M. Intro to Yoga (Kappy) 6:00 P.M. Ready, Set, Sweat! (Bre)	8 6:45 A.M. Gentle Yoga (Kappy) 9:00 A.M. Zone Tone (Carol) 10:30 A.M. iTone (Rissa) 10:45 A.M. Silver Sneakers (Carol)	9
10	11 9:15 A.M. Zumba (Ariagna) 10:30 A.M. iTone (Rissa) 5:00 P.M. Power Yoga (Kappy)	12 8:15 A.M. Morning Tai Chi (Rissa) 9:00 A.M. Spin (Carol) 10:30 A.M. Fit For Life (Carol) 10:45 A.M. Strong Nation (Ariagna) 4:00 P.M. Beginner's Tai Chi (Rissa) 6:00 P.M. Ready, Set, Sweat! (Bre)	13 6:45 A.M. Gentle Yoga (Kappy) 9:00 A.M. Power Camp / Kettlebell (Carol) 9:05 A.M. Zumba (Ariagna) 10:30 A.M. iTone (Rissa) 10:45 A.M. Silver Sneakers (Carol) 5:00 P.M. Power Yoga (Kappy)	14 8:00 A.M. Spin Express (Carol) 9:00 A.M. Body Pump Flex and Define (Carol) 10:30 A.M. Fit for Life (Carol) 12:15 P.M. Kids Yoga (Kappy) 5:00 P.M. Intro to Yoga (Kappy) 6:00 P.M. Ready, Set, Sweat! (Bre)	15 6:45 A.M. Gentle Yoga (Kappy) 9:00 A.M. Zone Tone (Carol) 10:30 A.M. iTone (Rissa) 10:45 A.M. Silver Sneakers (Carol)	16
17	18 6:45 A.M. Gentle Yoga (Kappy) 9:15 A.M. Zumba (Ariagna) 10:30 A.M. iTone (Rissa) 5:00 P.M. Power Yoga (Kappy)	19 8:15 A.M. Morning Tai Chi (Rissa) 9:00 A.M. Spin (Kappy) 10:30 A.M. Chair Yoga (Kappy) 10:45 A.M. Strong Nation (Ariagna) 4:00 P.M. Beginner's Tai Chi (Rissa) 6:00 P.M. Ready, Set, Sweat! (Bre)	20 6:45 A.M. Gentle Yoga (Kappy) 9:05 A.M. Zumba (Ariagna) 9:30 A.M. Power Camp / Kettlebell (Jessica) 10:30 A.M. iTone (Rissa) 10:45 A.M. Chair Yoga (Kappy) 5:00 P.M. Power Yoga (Kappy)	21 8:00 A.M. Spin Express (Kappy) 9:00 A.M. Body Pump Flex and Define (Jessica) 10:30 A.M. Chair Yoga (Kappy) 5:00 P.M. Intro to Yoga (Kappy) 6:00 P.M. Ready, Set, Sweat! (Bre)	22 6:45 A.M. Gentle Yoga (Kappy) 9:00 A.M. Zone Tone (Jessica) 10:30 A.M. iTone (Rissa) 10:45 A.M. Chair Yoga (Kappy)	23
24 31	25 6:45 A.M. Gentle Yoga (Kappy) 9:15 A.M. Zumba (Ariagna) 10:30 A.M. iTone (Rissa) 12:15 P.M. Kids Yoga (Kappy) 5:00 P.M. Power Yoga (Kappy)	26 8:15 A.M. Morning Tai Chi (Rissa) 9:00 A.M. Spin (Carol) 10:30 A.M. Fit For Life (Carol) 10:45 A.M. Strong Nation (Ariagna) 4:00 P.M. Beginner's Tai Chi (Rissa) 6:00 P.M. Ready, Set, Sweat! (Bre)	27 6:45 A.M. Gentle Yoga (Kappy) 9:00 A.M. Power Camp / Kettlebell (Carol) 9:05 A.M. Zumba (Ariagna) 10:30 A.M. iTone (Rissa) 10:45 A.M. Silver Sneakers (Carol) 5:00 P.M. Power Yoga (Kappy)	28 8:00 A.M. Spin Express (Carol) 9:00 A.M. Body Pump Flex and Define (Carol) 10:30 A.M. Fit for Life (Carol) 12:15 P.M. Kids Yoga (Kappy) 5:00 P.M. Intro to Yoga (Kappy) 6:00 P.M. Ready, Set, Sweat! (Bre)	29 6:45 A.M. Gentle Yoga (Kappy) 9:00 A.M. Zone Tone (Carol) 10:30 A.M. iTone (Rissa) 10:45 A.M. Silver Sneakers (Carol)	30