

Fitness March 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9:00 Spin 9:30 Strong Nation (Ariagna) 10:30 Fit For Life (Carol) 5:30 Cardio Acceleration (Rissa) 6:00 Yoga (Kappy)	2 6:45 Gentle Yoga (Kappy) 9:00 Power Camp / Kettlebell (Carol) 9:00 Zumba (Ariagna) 10:30 iTone (Rissa) 10:45 C. Silver Sneakers (Carol) 5:00 Zumba (Ariagna) 6:00 Power Yoga (Kappy)	3 8:00 Spin Express (Carol) 9:00 Body Pump Flex and Define (Carol) 9:30 Strong Nation (Ariagna) 10:30 Fit for Life (Carol) 5:30 Cardio Acceleration (Rissa) 6:00 Yoga (Kappy)	4 6:45 Gentle Yoga (Kappy) 9:00 Zone Tone (Carol) 9:00 Aqua Zumba 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol)	5 9:00 Zumba (Ariagna) 10:00 Yoga (Kappy)
	6 	7 6:45 Gentle Yoga (Kappy) 9:00 Zumba (Ariagna) 9:00 Barre (Danielle) 10:00-10:30 Stretch Express (Danielle) 10:30 iTone (Rissa) 1:30 Kids Yoga (Kappy) 5:00 Power Yoga (Kappy)	8 9:00 Spin 9:30 Strong Nation (Ariagna) 10:30 Fit For Life (Carol) 1:30 Kids Yoga (Kappy) 5:30 Cardio Acceleration (Rissa) 6:00 Yoga (Kappy)	9 6:45 Gentle Yoga (Kappy) 9:00 Power Camp / Kettlebell (Carol) 9:00 Zumba (Ariagna) 10:30 iTone (Rissa) 10:45 C. Silver Sneakers (Carol) 5:00 Zumba (Ariagna) 6:00 Power Yoga (Kappy)	10 8:00 Spin Express (Carol) 9:00 Body Pump Flex and Define (Carol) 9:30 Strong Nation (Ariagna) 10:30 Fit for Life (Carol) 5:30 Cardio Acceleration (Rissa) 6:00 Yoga (Kappy)	11 6:45 Gentle Yoga (Kappy) 9:00 Zone Tone (Jessica) 9:00 Aqua Zumba 10:30 iTone (Rissa) 10:45 Silver Sneakers (Danielle)
13	14 6:45 Gentle Yoga (Kappy) 9:00 Zumba (Ariagna) 9:00 Barre (Danielle) 10:00-10:30 Stretch Express (Danielle) 10:30 iTone (Rissa) 5:00 Power Yoga (Kappy)	15 9:00 Spin 9:30 Strong Nation (Ariagna) 10:30 Fit For Life (Ariagna) 5:30 Cardio Acceleration (Rissa) 6:00 Yoga (Kappy) 	16 6:45 Gentle Yoga (Kappy) 9:00 Zumba (Ariagna) 9:30 Power Camp / Kettlebell (Danielle) 10:30 iTone (Rissa) 10:45 C. Silver Sneakers (Ariagna) 5:00 Zumba (Ariagna) 6:00 Power Yoga (Kappy)	17 8:00 Spin Express 9:00 Body Pump Flex and Define (Danielle) 9:30 Strong Nation (Ariagna) 10:30 Fit for Life (Ariagna) 5:30 Cardio Acceleration (Rissa) 6:00 Yoga (Kappy)	18 6:45 Gentle Yoga (Kappy) 9:00 Zone Tone (Danielle) 9:00 Aqua Zumba 10:30 iTone (Rissa) 10:45 Silver Sneakers (Ariagna)	19 9:00 Zumba (Ariagna) 10:00 Yoga (Kappy)
20 	21 6:45 Gentle Yoga (Kappy) 9:00 Zumba (Ariagna) 9:00 Barre (Danielle) 10:00-10:30 Stretch Express (Danielle) 10:30 iTone (Rissa) 1:30 Kids Yoga (Kappy) 5:00 Power Yoga (Kappy)	22 9:00 Spin 9:30 Strong Nation (Ariagna) 10:30 Fit For Life (Carol) 1:30 Kids Yoga (Kappy) 5:30 Cardio Acceleration (Rissa) 6:00 Yoga (Kappy)	23 6:45 Gentle Yoga (Kappy) 9:00 Power Camp / Kettlebell (Carol) 9:00 Zumba (Ariagna) 10:30 iTone (Rissa) 10:45 C. Silver Sneakers (Carol) 5:00 Zumba (Ariagna) 6:00 Power Yoga (Kappy)	24 8:00 Spin Express (Carol) 9:00 Body Pump Flex and Define (Carol) 9:30 Strong Nation (Ariagna) 10:30 Fit for Life (Carol) 5:30 Cardio Acceleration (Rissa) 6:00 Yoga (Kappy)	25 6:45 Gentle Yoga (Kappy) 9:00 Zone Tone (Carol) 9:00 Aqua Zumba 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol)	26 9:00 Zumba (Ariagna)
27	28 6:45 Gentle Yoga (Kappy) 9:00 Zumba (Ariagna) 9:00 Barre (Danielle) 10:00-10:30 Stretch Express (Danielle) 10:30 iTone (Rissa) 5:00 Power Yoga (Kappy)	29 9:00 Spin 9:30 Strong Nation (Ariagna) 10:30 Fit For Life (Ariagna) 5:30 Cardio Acceleration (Rissa) 6:00 Yoga (Kappy)	30 6:45 Gentle Yoga (Kappy) 9:00 Power Camp / Kettlebell (Carol) 9:00 Zumba (Ariagna) 10:30 iTone (Rissa) 10:45 C. Silver Sneakers (Carol) 5:00 Zumba (Ariagna) 6:00 Power Yoga (Kappy)	31 8:00 Spin Express (Carol) 9:00 Body Pump Flex and Define (Carol) 9:30 Strong Nation (Ariagna) 10:30 Fit for Life (Carol) 5:30 Cardio Acceleration (Rissa) 6:00 Yoga (Kappy)		