

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 8:15a: Yoga: Donna 9a: TaiChi: Eric 9:15a: Step & Muscle: Christy 10:15a: GF: Christy 4:30p: Yoga: Sarah 5:30p: KettleBell: Takeela 6:00p: Cycle: Susan 6:15p: Beginner STEP: Kim (Come & Learn The Moves)	2 8:15a: Yoga / Pilates: Donna 9:15a: PS: Trish 10:15a: St &St: Caren 4:30p: 30min Cardio Blast: Christy 5:00p: PUMP: Jessi 6:00p: Cardio Interval: Kim 6:15p: Power Cycle: Dave 7:00p: Cycle: Corey 7:15p: Zumba: Uretha 8:15p: Power Yoga: Sarah	3 6:00a: Cycle: D 8:15a: Yoga: Caren 9a: TaiChi: Eric 9:15a: Power Sculpt: Caren 10:15a: GF- Christy 4:30p: Step: Christy 5:30p: Core Power: Takeela 6:00p: Turbo Sculpt: Takeela 7p: Yoga/Pilates: Sarah 7:00p: Cycle: Michelle	4 8:30a: Guts & Glutes: Caren (45min) 9:15a: Turbo Sculpt: Trish 10:15: Pump: Trish 5:00p: Upper Body Blast: Jessi (45 min) 5:45p: Yoga: Jarrius 6:45p: Step & G&G: Kim 6:15p: Cycle Interval: Dave	5 6a: Cycle: Corey 8:15a: Power Yoga: Leahann 9:15a: PS: Christy 10:15a: GF: Trish 5:45p: Begin To Turbo: Takeela (Come & Learn The Moves)	6 8a: Yoga: Sarah 9:15a: PS: Christy 10:15a: CYCLE: Dave
7 1:15p: CYCLE (IHR): Dave 2p: Hip Hop Hustle: Keydish 3p: Yoga: Sarah 3p: CYCLE: Susan	8 8:15a: Yoga: Donna 9a: TaiChi: Eric 9:15a: Step & Muscle: Christy 10:15a: GF: Christy 4:30p: Yoga: Sarah 5:30p: G&G: Jessi 6:00p: Cycle: Susan 6:15p: PS: Takeela	9 8:15a: Yoga / Pilates: Donna 9:15a: PS: Trish 10:15a: St &St: Caren 4:30p: 30min Cardio Blast: Takeela 5:00p: PUMP: Jessi 6:00p: Cardio Interval: Kim 6:15p: Power Cycle: Dave 7:00p: Cycle: Corey 7:15p: Zumba: Uretha 8:15p: Power Yoga: Sarah	10 6:00a: Cycle: D 8:15a: Yoga: Caren 9a: TaiChi: Eric 9:15a: Power Sculpt: Caren 10:15a: GF- Christy 4:30p: Step: Christy 5:30p: Core Power: Takeela 6:00p: Turbo Sculpt: Takeela 7p: Yoga/Pilates: Sarah 7:00p: Cycle: Michelle	11 8:30a: Guts & Glutes: Takeela (45min) 9:15a: TurboKick: Takeela 10:15: Pump: Trish 5:00p: Upper Body Blast: Jessi (45 min) 5:45p: Step & G&G: Takeela 6:45p: Yoga: Jarrius 6:15p: Cycle Interval: Dave	12 6a: Cycle: Corey 8:15a: Power Yoga: Leahann 9:15a: PS: Takeela 10:15a: GF: Trish 5:45p: Begin To Turbo: Jen (Come & Learn The Moves)	13 8a: Yoga: Sarah 9:15a: PS: Christy 10:15a: CYCLE: Dave
14 1:15p: CYCLE (IHR): Dave 2p: Step & Muscle: Dacia 3p: Yoga: Sarah 3p: CYCLE: Susan	15 8:15a: Yoga: Donna 9a: TaiChi: Eric 9:15a: Step & Muscle: Christy 10:15a: GF: Christy 4:30p: Yoga: Sarah 5:30p: KettleBell: Takeela 6:00p: Cycle: Susan 6:15p: Beginner STEP: Kim (Come & Learn The Moves)	16 8:15a: Yoga / Pilates: Donna 9:15a: PS: Trish 10:15a: St &St: Caren 4:30p: 30min Cardio Blast: Takeela 5:00p: PUMP: Jessi 6:00p: Cardio Interval: Kim 6:15p: Power Cycle: Dave 7:00p: Cycle: Corey 7:15p: Zumba: Uretha 8:15p: Power Yoga: Sarah	17 6:00a: Cycle: D 8:15a: Yoga: Caren 9a: TaiChi: Eric 9:15a: Power Sculpt: Caren 10:15a: GF- Christy 4:30p: Step: Christy 5:30p: Core Power: Takeela 6:00p: TURBO KICK: NEW RD!! TURBO GANG! WEAR YOUR GREEN SOCKS & LET'S ROCK!!! 7p: Yoga/Pilates: Sarah 7:00p: Cycle: Michelle	18 8:30a: Guts & Glutes: Caren (45min) 9:15a: Turbo Sculpt: Takeela 10:15: Pump: Trish (Class will be in Gym) 5:00p: Upper Body Blast: Jessi (45 min) 5:45p: Yoga: Jarrius 6:45p: Step & G&G: Kim 6:15p: Cycle Interval: Dave	19 6a: Cycle: Corey 8:15a: Power Yoga: Leahann 9:15a: PS: Takeela 10:15a: GF: Trish 5:45p: Begin To Turbo: Jen (Come & Learn The Moves)	20 8a: Yoga: Maggie 9:15a: PS: Takeela 10:15a: CYCLE: Dave
21 1:15p: CYCLE (IHR): Dave 2p: Hip Hop Hustle: Keydish 3p: Yoga: Sarah 3p: CYCLE: Susan	22 8:15a: Yoga: Donna 9a: TaiChi: Eric 9:15a: Step & Muscle: Christy 10:15a: GF: Christy 4:30p: Yoga: Sarah 5:30p: G&G: Jessi 6:00p: Cycle: Susan 6:15p: PS: Takeela	23 8:15a: Yoga / Pilates: Donna 9:15a: PS: Trish 10:15a: St &St: Caren 4:30p: 30min Cardio Blast: Takeela 5:00p: PUMP: Jessi 6:00p: Cardio Interval: Kim 6:15p: Power Cycle: Dave 7:00p: Cycle: Corey 7:15p: Zumba: Uretha 8:15p: Power Yoga: Sarah	24 6:00a: Cycle: D 8:15a: Yoga: Caren 9a: TaiChi: Eric 9:15a: Power Sculpt: Caren 10:15a: GF- Christy 4:30p: Step: Christy 5:30p: Core Power: Takeela 6:00p: Turbo Sculpt: Takeela 7p: Yoga/Pilates: Sarah 7:00p: Cycle: Michelle	25 8:30a: Guts & Glutes: Takeela (45min) 9:15a: Turbo Sculpt: Trish 10:15: Pump: Trish 5:00p: Upper Body Blast: Jessi (45 min) 5:45p: Step & G&G: Takeela 6:45p: Yoga: Jarrius 6:15p: Cycle Interval: Dave	26 6a: Cycle: Corey 8:15a: Power Yoga: Leahann 9:15a: PS: Takeela 10:15a: GF: Trish 5:45p: Begin To Turbo: Jen (Come & Learn The Moves)	27 8a: Yoga: Maggie 9:15a: PS: Takeela 10:15a: CYCLE: Dave
28 1:15p: CYCLE (IHR): Dave 2p: Step & Muscle: Dacia 3p: Yoga: Sarah 3p: CYCLE: Susan	29 8:15a: Yoga: Donna 9a: TaiChi: Eric 9:15a: Step & Muscle: Christy 10:15a: GF: Christy 4:30p: Yoga: Sarah 5:30p: KettleBell: Takeela 6:00p: Cycle: Susan 6:15p: Beginner STEP: Kim (Come & Learn The Moves)	30 8:15a: Yoga / Pilates: Donna 9:15a: PS: Trish 10:15a: St &St: Caren 4:30p: 30min Cardio Blast: Takeela 5:00p: PUMP: Jessi 6:00p: Cardio Interval: Kim 6:15p: Power Cycle: Dave 7:00p: Cycle: Corey 7:15p: Zumba: Uretha 8:15p: Power Yoga: Sarah	31 6:00a: Cycle: D 8:15a: Yoga: Jarrius 9a: TaiChi: Eric 9:15a: Power Sculpt: Takeela 10:15a: GF- Christy 4:30p: Step: Christy 5:30p: Core Power: Takeela 6:00p: Turbo Sculpt: Takeela 7p: Yoga/Pilates: Sarah 7:00p: Cycle: Michelle	<h1>March Group Exercise Schedule</h1>		