

# March Fitness Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Aerial Silks Sequences</b> 8:30 - 9:30 AM Bill Gugerty Gymnastics Studio						
<b>Power Sculpt</b> 7:45 - 8:45 AM Deanne Bugos Group Exercise 1	<b>Intro to Strength Training</b> 7:45 - 8:45 AM Matt & Cherie Chan Last Class 3/2	Power Vinyasa 7:45AM - 8:45AM Stacy Kempfer Group Exercise 2 No Class 3/3	<b>Power Hour</b> 7:45 - 8:45 AM Katie Hardie Group Exercise 1	<b>Intro to Strength Training</b> 7:45 - 8:45 AM Matt & Cherie Chan Last Class 3/4	<b>Spin &amp; Sculpt</b> 7:45 - 8:45 AM Deanne Bugos Group Exercise 1	
					<b>Yoga Fusion</b> 8:00 AM - 9:00 AM Christina Russell Group Exercise 1 No Class 3/20	
<b>Silver Sneakers Splash</b> 9:00 - 10:00 AM Susan Meddick Pool	<b>Slow Flow Yoga</b> 9:00 AM - 10:00 AM Dallas Franklin Group Exercise 1	Mat Pilates 9:00 - 10:00 AM Paige Walker Group Exercise 1 or 2 No Class 3/10	<b>Silver Sneakers Splash</b> 9:00 - 10:00 AM Susan Meddick Pool		<b>Silver Sneakers Splash</b> 9:00 - 10:00 AM Leslie Januez Pool	
<b>SS Yoga</b> 10:15 - 11:15 AM Dallas Franklin Group Exercise 1		<b>Silver Sneakers Classic</b> 10:15 - 11:15 AM Mary Wagner Group Exercise 1	<b>Silver Sneakers Circuit</b> 10:15 - 11:15 AM Kristen Hessler Group Exercise 1	<b>SS Yoga</b> 10:15 - 11:15 AM Kristen Hessler Group Exercise 1	<b>Silver Sneakers Classic</b> 10:15 - 11:15 AM Mary Wagner Group Exercise 1	<b>Aerial Yoga</b> 10:30AM - 11:30AM Giuliana Sheldon Group Exercise 2
			<b>Comp Center Training</b> 1:30 - 2:30 PM Group Exercise 1			<b>Power Vinyasa</b> 10:30AM - 11:30AM Stacy Kempfer Group Exercise 2
				<b>Aerial Conditioning &amp; Flow</b> 11:00AM - 12:00PM Giuliana Sheldon Group Exercise 2		
					<b>Comp Center Training</b> 3:00 - 4:00 PM Group Exercise 1	
			<b>L1 Aerial Arts: 6+</b> 3:45 - 5:00 PM Giuliana Sheldon Group Exercise 2	<b>L1 Aerial Arts: 8+</b> 3:45 - 5:00 PM Giuliana Sheldon Group Exercise 2		
<b>Jiu-Jitsu</b> 4:30 - 7:30 PM			<b>Jiu-Jitsu: Youth 6-9</b> 4:30 - 5:20 PM Raoni Orlandi Group Exercise 1	<b>L2/3 Aerial Arts: 8+</b> 5:15 - 6:15 PM Giuliana Sheldon Group Exercise 2		
		<b>Zumba® Fitness</b> 5:30pm - 6:30pm Barbara Klontz Group Exercise 1	<b>Jiu-Jitsu: Youth 10+</b> 5:30 - 6:20 PM Raoni Orlandi Group Exercise 1	<b>L2/3 Aerial Arts: 8+</b> 5:15 - 6:15 PM Giuliana Sheldon Group Exercise 2	<b>Friday Night Spin</b> 5:30pm - 6:30pm Samuel Orseno Group Exercise 1	
<b>Winter Conditioning</b> 5:30 - 6:30 PM Thor Knutson HIIT Studio	<b>Align &amp; Flow Yoga</b> 5:30 - 6:30 PM Megan Beener Group Exercise 2					
		<b>Intro to Olympic Lifting</b> 6:30 - 7:30 PM Nico Rithner HIIT Studio No Class 3/10 or 3/17		<b>Winter Conditioning</b> 6:00 - 7:00 PM Sonia Chowdhury HIIT Studio		
<b>Raoni Orlandi</b> Group Exercise 1		<b>Creative Dance</b> 7:00PM - 8:00PM Malinda Rinne Group Exercise 2	<b>Jiu-Jitsu: Adult</b> 6:30 - 7:30 PM Raoni Orlandi Group Exercise 1		<b>Aerial Fabrics</b> 6:30 - 7:30 PM Giuliana Sheldon Gymnastics Studio	

**Classes at a Glance**

- Aerial Fitness
- Strength Training Focus
- Active Aging
- Cardiovascular Focus
- Mind/Body
- Class Series
- Other

## REGISTRATION

Registration begins 1 week prior to the next month of classes. You must register online, by app or with the help of Guest Services before attending class. Cancellations within 24 hours of the start of class result in a \$5 fee. No refunds after the start of class will be issued.

## FITNESS CLASS SIGN IN

Before every fitness class all participants are required to check in with the front desk and sign in on the roster found in the classroom or workout area.