

March Fitness Schedule - Group Exercise #1 Only



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Power Sculpt 7:45 - 8:45 AM Deanne Bugos <i>Group Exercise 1</i>		Power Hour 7:45 - 8:45 AM Katie Hardie <i>Group Exercise 1</i>	Spin & Sculpt 7:45 - 8:45 AM Deanne Bugos <i>Group Exercise 1</i>	Yoga Fusion 8:00 AM - 9:00 AM Christina Russell Group Exercise 1 No Class 3/20
Slow Flow Yoga 9:00 - 10:00 AM Dallas Franklin <i>Group Exercise 1</i>	Mat Pilates 9:00 - 10:00 AM Paige Walker Group Exercise 1 or 2 No Class 3/10			
SS Yoga 10:15 - 11:15 AM Dallas Franklin <i>Group Exercise 1</i>	Silver Sneakers Classic 10:15 - 11:15 AM Mary Wagner Group Exercise 1	Silver Sneakers Circuit 10:15 - 11:15 AM Kristen Hessler <i>Group Exercise 1</i>	SS Yoga 10:15 - 11:15 AM Kristen Hessler <i>Group Exercise 1</i>	Silver Sneakers Classic 10:15 - 11:15 AM Mary Wagner <i>Group Exercise 1</i>
		Competition Center Training 1:30 - 2:30 PM <i>Group Exercise 1</i>		Competition Center Training 3:00 - 4:00 PM <i>Group Exercise 1</i>
Jiu-Jitsu: Youth 6-9 4:30 - 5:20 PM Raoni Orlandi <i>Group Exercise 1</i>		Jiu-Jitsu: Youth 6-9 4:30 - 5:20 PM Raoni Orlandi <i>Group Exercise 1</i>		
Jiu-Jitsu: Youth 10+ 5:30 - 6:20 PM Raoni Orlandi <i>Group Exercise 1</i>	Zumba® Fitness 5:30pm - 6:30pm Barbara Klontz <i>Group Exercise 1</i>	Jiu-Jitsu: Youth 10+ 5:30 - 6:20 PM Raoni Orlandi <i>Group Exercise 1</i>		Friday Night Spin 5:30pm - 6:30pm Samuel Orseno <i>Group Exercise 1</i>
Jiu-Jitsu: Adult 6:30 - 7:30 PM Raoni Orlandi <i>Group Exercise 1</i>		Jiu-Jitsu: Adult 6:30 - 7:30 PM Raoni Orlandi <i>Group Exercise 1</i>		

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.