

**GROUP FITNESS SCHEDULE:  
March 23 - May 3**

Location	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>POWERHOUSE</b>			Splash Fitness 5:10a / Emily	Power House Fitness 5:10a / Bryan		
			Splash Fitness 6:10a / Emily	Power House Fitness 6:10a / Bryan		
	Fit Foundations Circuit 8:00a / Robin	Living Young Strength 8:00a / Dacey		Living Young Intervals 8:00a / Alyssa		
	Strong & Balanced 9:00a / Robin	Rhonda's Curveball 9:00a / Rhonda	Strong & Balanced 9:00a / Robin	Rhonda's Curveball 9:00a / Rhonda	Strong & Balanced 9:00a / Robin	Total Body Strength 8:30a / Dacey
	Strength Intervals 11:00a / Summer		Strength Intervals 11:00a / Summer			
	20 minute Abs 12:30p / Summer		20 minute Abs 12:30p / Summer			
	MetaBoost 4:30p / Bryan	Flex & Flow 4:30p / Eric	Hybrid Strength 4:30p / Dacey			
	MetaBoost 5:30p / Bryan	Total Body Tone 5:30-6:00p / Eric	Hybrid Strength 5:30p / Dacey			
<b>TURF</b>	Hybrid Hustle 5:10a / Chelsey	Game Day! 5:10a / Bryan			Built2Move 5:10a / Jordan	
	Hybrid Hustle 6:10a / Chelsey	Game Day! 6:10a / Bryan			Built2Move 6:10a / Jordan	
				Strike Fit 5:30p / Eric		
<b>FITNESS STUDIO</b>	Tai Chi 7:00a / Daphne				Tai Chi 7:00a / Daphne	
		Yoga Stretch 8:00a / Eliz	Strong & Steady 8:00a / Robin	Yoga Stretch 8:00a / Eliz	Build & Burn 8:00a / Robin	
	Line Dance & Tone 9:00a / Cris	Beginner/Chair Yoga 9:00a / Eliz	Line Dance & Tone 9:00a / Cris	Beginner/Chair Yoga 9:00a / Eliz		Dance & Tone 9:00a / Karyn
	Core & More 10:00a / Cris		Core & More 10:00a / Cris		Sound Bath Meditation 10:00a / Danielle	
	Stretch & Align 4:30p / RayVynn		Dance & Tone 4:30p / Karyn			
	Dance & Tone 5:30p / Karyn	Hoop Strong 6:30p / Brandi		Hula Choreo Lab 5:30p / Breanna		
<b>PEDAL-PLEX</b>		Spin 5:45a / Summer		Spin 5:45a / Summer		Spin 7:30a / Carlos
	Spin 11:45a / Summer		Spin 11:45a / Summer		Spin 11:45a / Summer	
		Spin 6:05-6:40p / Eric	Spin 6:00p / CVC		Spin 5:30p / Jesse	
<b>POOL</b>	Aqua Strong 8:00a / Bryan	Aqua Kbox 8:00a / Rhonda	Aqua Strong 8:00a / Bryan	Aqua Jam 8:00a / Rhonda	FRIYAAAAY! 8:00a / Bryan	
		Aqua Jam 8:50a / Anna	Aqua Jam 8:50a / Brandi	Noodle Jam 8:50a / Daphne		
	Aqua Jam 5:30p / Anna	Aqua Jam 5:30p / Brandi		Aqua Jam 5:30p / Jan		