

**GROUP FITNESS SCHEDULE:
Spring Break
March 16 - March 23**

Location	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
POWERHOUSE			Power Hour 5:10a / Emily			
			Power Hour 6:10a / Emily			
	Living Young Stations 8:00a / Robin			Living Young Intervals 8:00a / Alyssa		
	Results 9:00a / Robin	Total Body Strength 9:00a / Rhonda	Results 9:00a / Robin	Total Body Strength 9:00a / Rhonda	Results 9:00a / Robin	
	Power House Fitness 4:30p / Bryan	Flex & Flow 4:30p / Eric	Hybrid Fitness 4:30p / Alphonso			
	Power House Fitness 5:30p / Bryan	Total Body Tone 5:30-6:00p / Eric	Hybrid Fitness 5:30p / Alphonso	Mitts & Grit 5:30p / Eric		
TURF	Boot Camp 5:10a / Chelsey					
	Boot Camp 6:10a / Chelsey					
FITNESS STUDIO	Tai Chi 7:00a / Daphne				Tai Chi 7:00a / Daphne	
			Balls, Balance, & Blocks 8:00a / Robin		Living Young Blocks 8:00a / Robin	
	Movin' & Groovin 9:00a / Cris	Beginner/Chair Yoga 9:00a / Eliz	Movin' & Groovin 9:00a / Cris	Beginner/Chair Yoga 9:00a / Eliz		
	Abs & Flexibility 10:00a Cris	Yoga Stretch 10:00a / Eliz	Abs and Flexibility 10:00am Cris	Yoga Stretch 10:00a / Eliz		
	Stretch & Align 4:30p / RayVynn		Dance Fitness 4:30p / Karyn			
Dance Fitness 5:30p / Karyn	Intro to Hula Hoop Fitness 6:30p / Brandi		Intro to Hula Hooping 6:30p / Breanna			
PEDAL-PLEX						
		Spin 6:05-6:40p / Eric	Spin 6:00p / CVC		Spin 5:30p / Jesse	
POOL	Aqua Jam 8:00a / Bryan	Aqua Jam 8:00a / Rhonda	Aqua Jam 8:00a / Bryan	Aqua Jam 8:00a / Rhonda		