



Spring Break Fitness Schedule



Event	Event Day	Event Time	Facility	Instructor
Monday, March 13				
Total Body Training	Monday	5:30A-6:15A	Gym 3	Sara K.
Aqua Challenge	Monday	8:00A-9:00A	Leisure Area 5	Janice K.
Power Hour	Monday	8:30A-9:15A	Gym 3	Craig F.
Cycle +	Monday	9:00A-9:45A	Cycle Studio	Staff
Cardio Core	Monday	9:00A-10:00A	Studio C	Cindy C.
Senior Strength Training	Monday	9:00A-9:45A	Studio R	Coni H.
Teen Weightlifting (12-15)	Monday	9:30A-10:15A	Fitness Center	Craig F.
Aerobic Waves	Monday	10:00A-11:00A	Leisure Area 5	Janice K.
Beginner Yoga	Monday	10:15A-11:00A	Studio D	Jenna S.
Youth Yoga (3-12)	Monday	11:00A-11:30A	Studio D	Jenna S.
Get Strong	Monday	5:30P-6:15P	Studio C	Cindy C.
Just Spin	Monday	6:00P-6:45P	Cycle Studio	Paula M.
Hot Yoga	Monday	7:30P-8:30P	Studio D	Jenna S.
Tuesday, March 14				
Hot Yoga	Tuesday	5:30A-6:15A	Studio D	Eva W.
Pumping Water	Tuesday	7:30A-8:30A	Leisure Area 5	Carol R.
Barre Pilates	Tuesday	8:15A-9:00A	Studio R	Cindy C.
Cardio Splash	Tuesday	9:30A-10:15A	Leisure Area 5	Marcia C.
Youth Combat Fitness (8-12)	Tuesday	4:00P-4:45P	Gym 3	Craig F.
Tabata Waves	Tuesday	5:45P-6:30P	Leisure Area 5	Pattie E.
Strong Stretch	Tuesday	6:15P-7:00P	OAC	Stephanie S.
Wednesday, March 15				
Total Body Training	Wednesday	5:30A-6:15A	Gym 3	Sara K.
Aqua Challenge	Wednesday	8:00A-9:00A	Leisure Area 5	Janice K.
Power Hour	Wednesday	8:30A-9:15A	Gym 3	Craig F.
Cycle +	Wednesday	9:00A-9:45A	Cycle Studio	Staff
Cardio Core	Wednesday	9:00A-10:00A	Studio C	Cindy C.
Teen Weight Lifting (12-15)	Wednesday	9:30A-10:15A	Fitness Center	Craig F.
Aerobic Waves	Wednesday	10:00A-11:00A	Leisure Area 5	Janice K.
Get Strong	Wednesday	5:30P-6:15P	Studio C	Cindy C.
Cycle +	Wednesday	6:00P-6:45P	Cycle Studio	Staff
Hot Yoga	Wednesday	7:30P-8:30P	Studio D	Jenna S.
Thursday, March 16				
Early Morning Boot Camp	Thursday	5:15A-6:00A	Gym 3	Craig F.
Strong Stretch	Thursday	5:15A-6:00A	Studio D	Stephanie S.
Pumping Water	Thursday	7:30A-8:30A	Leisure Area 5	Carol R.
Barre Pilates	Thursday	8:15A-9:00A	Studio R	Cindy C.
Cardio Splash	Thursday	9:30A-10:15A	Leisure Area 5	Marcia C.
Youth Combat Fitness (8-12)	Thursday	4:00P-4:45P	Gym 3	Craig F.
Middle School Yoga (11-13)	Thursday	4:00P-4:45P	Gym 3	Jenna S.
Beginner Yoga	Thursday	5:00P-5:45P	Studio D	Jenna S.
Tabata Waves	Thursday	5:45P-6:30P	Leisure Area 5	Pattie E.
Friday, March 17				
Total Body Training	Friday	5:30A-6:15A	Gym 3	Sara K.
Tabata Waves	Friday	8:00A-8:45A	Leisure Area 5	Janice K.
Power Hour	Friday	8:30A-9:15A	Gym 3	Craig F.
H2O Boot Camp	Friday	9:00A-9:45A	Leisure Area 5	Staff
Senior Strength Training	Friday	9:00A-9:45A	Studio R	Nicole R.
Cycle +	Friday	9:00A-9:45A	Cycle Studio	Staff
Fit Fix	Friday	9:00A-10:00A	Studio C	Cindy C.
Tabata Waves	Friday	10:00A-10:45A	Leisure Area 5	Janice K.
NO CLASSES on Saturday, March 18 and Sunday, March 19.				