March Group Exercise Schedule

	Monday		Tuesday		Wednesday		Thursday		Friday
8:00 A.M.	Aqua Stretch Sue H Pool	5:45 A.M.	Rise and Grind Rhonda GES	8:00 A.M.	Aqua Stretch Sue H Pool	6:30 A.M.	Self Defense Al YG	5:45A.M	Rise and Grind Rhonda GES
	Dance-a-lates Rhonda GES	6:30 A.M.	Self Defense Al YG		Spin Holly GES2	8:00A.M.	Yogalates Lisa GES	8:00 A.M.	Aqua Stretch Sue H Pool
	Spin Holly GES2	8:00 A.M.	Yogalates Lisa GES		Dance-a-lates Rhonda GES	8:30 A.M.	Water Fit Shawn Pool		Spin Holly GES2
8:30 A.M.	Water Fit Sue H Pool	8:30 A.M.	Water Fit Shawn Pool	8:30 A.M.	Water Fit Sue H GES	9:15 A.M.	Strength and Sculpt Lisa GES	8:15 A.M.	Morning Stretch Dillon GES
9:00 A.M.	Dancing With Dina Dina GES	9:15 A.M.	Strength and Sculpt Lisa GES	9:00 A.M.	Dancing With Dina Dina GES	10:00 A.M	Balance and Mobility Nancy/Renee YG	8:30 A.M.	Aqua Dance Sue H Pool
9:30 A.M.	Cycle and Core Victoria GES2	10:00 A.M	Balance and Mobility Nancy/Renee YG	10:15 A.M	Yoga Sue R GES	10:15 A.M	Barre Danielle GES	9:15 A.M.	Yoga Kellie GES
10:15 A.M	Yoga Stacy GES	10:15 A.M	Barre Danielle GES	12:00 P.M	Water Fit Marta Pool	11:00 A.M	Gentle Water Fit Linda Pool	10:15 A.M	Power Yoga Kellie GES
12:00 P.M	Water Fit Marta Pool	11:00 A.M	Gentle Water Fit Linda Pool	1:00 P.M	Homeschool P.E. Dillon YG	11:15 A.M.	Yoga Danielle GES	11:15 A.M	Yoga Amanda GES
2:00 P.M.	Shred and Tread Dillon GES/Pool	11:15 A.M.	Yoga Danielle GES	5:15 P.M.	Yoga Sheila GES		Parkinson's Nancy GES2	12:00 P.M	WaterFit Marta Pool
4:00 P.M	Kids In Motion Dillon YG		Parkinsons Nancy GES2	6:30 P.M.	RIP Denise GES	4:00 P.M.	Kids in Motion Dillon YG	2:00 P.M.	Shred and Tread Dillon GES/Pool
4:15 P.M.	Step Challenge Jolynn GES	4:15 P.M.	Tabata Tuesday Jolynn GES			44:15 P.M	Shred Jolynn GES	5:00 P.M.	Yoga with a Focus Lena GES
5:00 P.M.	Water Fit Linda Pool	5:00 P.M	Spin Denise GES2			5:00 P.M.	Spin Denise GES2	6:15 P.M.	Lower Body Workout Mandy GES
5:10 P.M.	Yoga Amanda GES		Water Fit Linda Pool				Water Fit Linda Pool		**Saturday**
6:30 P.M.	RIP Denise GES	5:45 P.M	Yoga Denise GES			5:45 P.M	Yoga Denise GES	8:00 A.M.	Yoga Flow Rachel GES
		6:45 P.M.	Dance Fit Rhonda GES			6:45 P.M.	Upper Body Workout Mandy GES	11:00 A.M	Gentle Water Fit Linda Pool
								10:15A.M.	Pilates Virtual GES
								11:00 A.M	Yoga Norbert GES

YG Youth Gym
GES Group-Ex Studio
GES2 Group-Ex Studio 2
RB Racquetball
Pool