

March Fitness Class Schedule



Land Fitness Classes		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:10 AM			Power Tone Andrea	Step & Tone Emily	Power Tone Katrina D.	321Hiit Asha	
	6:10 AM		321Hiit Andrea	Core Fusion Nicole	HiLo Power Jenny N.	Yoga Jenny N.	Power Tone Andrea	
	7:10 AM			Yoga Karina				Turbokick Liz H.
	8:10 AM		Power Tone Torri	Zumba Leslie	MultiStep Liz H.	321 Hiit Liz H.	Yoga Sapientia	Power Tone Liz H.
	9:10AM		Turbokick Jessica	Step Liz H.	Barre& Pilates Sheri	Zumba Leslie	HiLo Power Nicole	Step Kristi
	9:10am Blue Gym		Barre Emily	Recsanify Wendy 30 minutes		Recsanify Jenny N. 30 minutes	Power Tone Wendy	
	10:10 AM		Yoga Mandy	Yoga Joani	Tai Chi Connie	Yoga Wendy	Zumba Tiffany	Zumba Patti
	10:10 AM. Blue Gym	Yoga 10:00am Mandy/ Sapientia 90 minutes			Power Tone Ericka			
	11:10am		SilverSneakers Classic Christi	SilverSneakers Yoga Joani	SilverSneakers Circuit Sheri	SilverSneakers Yoga Heather	SilverSneakers Classic Emily	Yoga Staff
	12:10pm					Tai Chi Connie		
	5:10pm		Yoga Misty		Power Tone Asha			
	6:10 PM		Zumba Katrina C.	321Hiit Maddie	Zumba Patti	Power Tone Farron		
	7:10 PM		Step Nikke	Zumba Tiffany	Pilates Patti	Step Melissa		
	8:10 PM		Pilates Patti	Yoga Megan	Yoga Sapientia	Yoga Mandy		
	9:10 PM					Zumba Katrina C.		

KIDS (30minutes)		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	4:30 PM			Kid Fitness (ages 5+) Christi STARTS AT 4:15PM	Kid Fitness (ages 5+) Melissa	Kid Fitness (ages 5+) Chanell		

Water Fitness Classes		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:00 AM Deep		X-Challenge Lavinia	Go the Distance Louise	Aqua Fit Patrice	Go the Distance Louise	X-Challenge Lavinia	
	6:00 AM Shallow		Push-it Louise	Aqua Fit MerLynn	Push-it Jana	Aqua Fit MerLynn	Push-it Kathleen	
	7:00AM Shallow		Interval Training Susan	X-Challenge Patrice	Body Sculpting Susan	Tabata & Tone Karina		
	8:00 AM Shallow		Body Sculpting Annie	Circuit Training Julie T.	Aqua Kickbox Julie B.	Circuit Training Julie T.	Aqua Boot Camp Karina	Aqua Fit Amber-1st &2nd X-Challenge Lavinia-3rd, 4th, 5th
	9:00AM Deep		Aqua Tone Liz	Interval Training Catharine	Circuit Training Julie T.	Deep Fitness Steff/ Lauri	Cardio Endurance Julie B.	
	9:00AM Shallow		SilverSneakers Splash Lauri	Aqua Zumba Linda	SilverSneakers Splash Steff/Liz	Aqua Zumba Linda	SilverSneakers Splash Annie	
	10:00 AM Shallow		Strengthen & Tone Lauri	Float Fit Wendy	Strengthen & Tone Steff/Lauri	Float Fit Sue/Annie/Mandy	Strength & Tone Lauri	
	8:00 PM Comp		Power Aquatics Rebecca	Fun Fitness Kim		Power Aquatics Rebecca		
	9:00 PM Deep			Power Aquatics Kim		30 min Cardio & Core Rebecca		
	9:15 PM Shallow			Float Fit Jenny S.				

CYCLE		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:10 AM			CYCLE Liz H.		CYCLE Adrienne		
	7:00 AM				CYCLE Karina			CYCLE Janene
	8:10 AM			CYCLE Linda Starts at 8am				CYCLE Adrienne
	9:10 AM		CYCLE Janene		CYCLE Farron		CYCLE Janene	
	6:10 PM		CYCLE Farron					
	7:10 PM					CYCLE Farron		

CYCLE-Registration is available online up to 1 week in advance. Arrive early to check in at the Front Desk to receive a disc to confirm your reservation. Reservations void at the start of class. Download App Audio and bring headphones to be able to fully participate in the class. Water and a towel are also recommended.

Float Fit/FFLOGA-Registration is available online up to 1 week in advance. Arrive at least 5 minutes early to secure your board. Reservations may be given away at class time. Water bottles are encouraged.

Water Classes are located in the following locations: Shallow: Leisure pool lap lanes, Deep: Competition pool deep end, Comp Shallow: Competition pool shallow end

All instructors & formats are subject to change without notice. Some classes may be cancelled or added without notice. For up to date info follow us on Facebook and Instagram.