



Fitness March



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 9:00 Barre (Danielle) 10:00 Stretching (Danielle) 10:30 iTone (Rissa) 12:00 Zumba (Rudy) 5:00 Yoga (Amy) 6:00 Zumba Express (Emily)	3 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 11:30 Strong (Rudy) 12:15 Zumba lunch (Rudy) 5:30 Cardio Acceleration (Rissa) 6:30 Dorky Dancing (Rissa)	4 9:30 Power Camp / Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. Silver Sneakers (Carol) 12:00 Zumba (Rudy) 5:15 Power Yoga (Amy)	5 9:00 Body Pump Flex and Define (Carol) 10:30 Fit for Life (Carol) 11:30 Strong (Rudy) 5:30 Cardio Acceleration (Rissa) 6:30 Zumba (No Zumba)	6 8:00 Spin Express (Carol) 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 5:30 iSweat (Rissa)	7 9:00 Zumba (Rudy)
8 	9 9:00 Barre (Daneille) 10:00 Stretching (Daneille) 10:30 iTone (Rissa) 12:00 Zumba (Rudy) 5:00 Yoga (Amy) 6:00 Zumba Express (No Class)	10 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 11:30 Strong (Rudy) 12:15 Zumba lunch (Rudy) 5:30 Cardio Acceleration (Rissa) 6:30 Zumba (Emily)	11 9:30 Power Camp / Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. Silver Sneakers (Carol) 12:00 Zumba (Rudy) 5:15 Power Yoga (Amy)	12 9:00 Body Pump Flex and Define (Carol) 10:30 Fit for Life (Rudy) 11:30 Strong (Rudy) 5:30 Cardio Acceleration (Rissa) 6:30 Zumba (Emily)	13 8:00 Spin Express (Carol) 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Emily) 5:30 iSweat (Rissa)	14 9:00 Zumba (Rudy)
15 	16 9:00 Barre (Danielle) 10:00 Stretching (Danielle) 10:30 iTone (Rissa) 12:00 Zumba (Rudy) 5:00 Yoga (Amy) 6:00 Zumba Express (No Class)	17 9:00 Spin (Carol) 10:30 Fit For Life (Rudy) 11:30 Strong (Rudy) 12:15 Zumba lunch (Rudy) 5:30 Cardio Acceleration (Rissa) 6:30 Zumba (Emily)	18 9:30 Power Camp / Kettlebell (Danielle) 10:30 iTone (Rissa) 10:45 C. Silver Sneakers (Danielle) 12:00 Zumba (Rudy) 5:15 Power Yoga (Amy)	19 9:00 Body Pump Flex and Define (No Class) 10:30 Fit for Life (Rudy) 11:30 Strong (Rudy) 5:30 Cardio Acceleration (Rissa) 6:30 Zumba (Emily)	20 8:00 Spin Express (Carol) 9:00 Zone Tone (Danielle) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Emily) 5:30 iSweat (Rissa)	21 9:00 Zumba (Rudy)
22 	23 9:00 Barre (Danielle) 10:00 Stretching (Danielle) 10:30 iTone (Rissa) 12:00 Zumba (Rudy) 5:00 Yoga (Amy) 6:00 Zumba Express (Emily)	24 9:00 Spin (Carol) 10:30 Fit For Life (Danielle) 11:30 Strong (Rudy) 12:15 Zumba lunch (Rudy) 5:30 Cardio Acceleration (Rissa) 6:30 Dorky Dancing (Rissa)	25 9:30 Power Camp / Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. Silver Sneakers (Carol) 12:00 Zumba (Rudy) 5:15 Power Yoga (Amy)	26 9:00 Body Pump Flex and Define (Carol) 10:30 Fit for Life (Carol) 11:30 Strong (Rudy) 5:30 Cardio Acceleration (Rissa) 6:30 Zumba (Emily)	27 8:00 Spin Express (Carol) 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 5:30 iSweat (Rissa)	28 9:00 Zumba (Rudy) 
29 	30 9:00 Barre (Danielle) 10:00 Stretching (Danielle) 10:30 iTone (Rissa) 12:00 Zumba (Rudy) 5:00 Yoga (Amy) 6:00 Zumba Express (Emily)	31 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 11:30 Strong (Rudy) 12:15 Zumba lunch (Rudy) 5:30 Cardio Acceleration (Rissa) 6:30 Zumba (Emily)				