



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

March

HEALTHY LIVING

GROUP CLASS SCHEDULE

*Indicates class will be held in one one of the gyms.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-6:55am Step Cathy	6:30-7:30 move to lose participants only Sara	6:00-6:55am HIITS Michelle H.		6:00-6:55am Step Cathy	
8:00-8:55am Total Body Kellee	8:00-8:55am Holy Yoga Flow* Jessica	8:00-8:55am Flexibility & Core Conditioning Kellee	8:00-8:55am Holy Yoga flow* Jessica	8:00-8:55am Total Body Kellee	8:00-8:55am Yoga* Sharon V.
	8:00-8:55am Cycling Karen		8:00-8:55am Cycling Karen	9:00-9:55 Cardio Kickboxing Jodi	8:00-8:55am Cycling Jodi
9:00-9:55am HIIT & Sticks Eira	9:00-9:55am Fat Shredder Kellee	9:00-9:55am Cardio Interval Renee	9:00-9:55am Body Sculpt* Kellee		9:00-9:55am Step Cathy/Tanya
10:00-10:55am Tabata Sculpt Renee	10:00-10:55am Circuit Training Renee	10:00-11:00 move to lose participants only Kim	10:00-10:55 Cardio Kickboxing Kim	10:00-10:55am Holy Yoga Flow* Jessica	10:00 - 10:55am Body Sculpt/tStretch Kellee
10:00-10:55am Yoga Stretch* MaryLou		10:00-10:55am Yoga Stretch* Mary Lou			
11:00-11:55am Zumba Michelle S.		11:00-11:55am Zumba Eira			

4:30-5:25pm Cycling Sandra					
5:30-6:25pm Cardio Burst Sculpting Sara	5:30-6:25pm Dance2Fit +13/w parent Jacquie	5:30-6:25pm Cardio-Tone-3 Sandra	5:30-6:25pm Dance2Fit +13/w parent Jacquie	5:30pm -6: 25pm Sculpt & Sweat Michelle H.	
6:30-7:25pm Zumba Michelle S.	6:30pm - 7:25pm TNT Sandra	6:30 - 7:25pm Cycling Sandra	6:30pm - 7:25pm HardCore Michelle H.		
7:30pm - 8:25pm Pilates Karen	7:30-8:25pm Yoga Tanya	7:30 - 8:25pm Pilates Karen	7:30-8:25pm Yoga Tanya		

Please note: - Classes may be canceled if they do not maintain a high enough participation level.

You must be 13 or older and accompanied by a parent to participate in Dance2Fit

