






MARCH 2018

HEALTHPLUS FITNESS CENTER

Group Fitness Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM		<b>BODY PUMP</b> LYNNE 12: Amanda		<b>BODY PUMP</b> LIZ		<b>BODY PUMP</b> AMANDA	
8:10 AM		<b>ZUMBA</b> KIM 12: Allison	<b>BODY PUMP</b> ABBIE	<b>ZUMBA</b> SEAN	<b>BODY PUMP</b> STACEY	<b>STRONG</b> SEAN	<i>Wild Card</i> 3 Body Attack - Liz 10 Zumba - Robin M 17 Strong - Sean 24 Body Attack - Liz 31 Strong - Abi
9:15 AM		<i>Plates</i> BECKY	<i>Circuits</i> LYNNE	<i>Plates</i> BECKY	<b>TABATA TIMING</b> ROBIN 15, 22: Armon	<b>BODY ATTACK</b> ABBIE	<b>BODY PUMP</b> 3 Robin 10 Amanda 17 Abbie 24 Stacey 31 Ali
10:30 AM		<b>Low Impact</b> LYNNE 12: Brenda	<b>Yoga Basics</b> ROBIN	<b>Low Impact</b> LYNNE	<b>Yoga Basics</b> BRENDA	<b>ZUMBA Gold</b> KIM 16: Allison	<b>Yoga Basics</b> 3 Robin 10 Brenda 17 Grashanda 24 Robin 31 Hannah
2:00 PM	<b>ZUMBA</b> 4 Lyn 11 Allison 18 Robin M 25 Kim						<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Be sure to wear green on St. Pat's Day or you might get pinched!</p>  </div>
3:15 PM	<b>BODY PUMP</b> 4 Liz 11 Stacey 18 Robin 25 Robin						
4:30 PM	<b>Yoga Basics</b> 4 Hannah 11 Brenda 18 Robin 25 Grashanda	<b>BODY ATTACK</b> ABBIE	<b>BODY PUMP</b> LIZ	<b>RIPPED!</b> LYNNE	<b>BODY PUMP</b> ABBIE		
5:35 PM		<b>BODY PUMP</b> STACEY	<b>TABATA TIMING</b> ARMON	<b>STRONG</b> ROBIN M & SEAN	<b>STRONG</b> ROBIN M		
6:45 PM		<b>ZUMBA +</b> SEAN			<b>BODY PUMP</b> ROBIN		
7:45 PM			<b>BODY PUMP</b> ROBIN				

MARCH 2018

CYCLING/RPM

HEALTHPLUS FITNESS CENTER

	<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
5:15 AM			RPM DANIEL		RPM AMANDA		
8:10 AM							RPM 3 Amanda 10 Liz 17 Daniel 24 Ali 31 Daniel
9:00 AM		RPM AMANDA		RPM LYNNE		RPM DANIEL	
9:15 AM			RPM AMANDA			<i>St. Patrick's Day</i>	
4:30 PM	RPM 4 Daniel 11 Armon 18 Ali 25 Armon						
5:35 PM		RPM LIZ			RPM ARMON		





RPM is a group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 675 calories a session. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. In an RPM workout you repeatedly spin the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness. RPM is a great way to build up your sense of personal achievement. You can draw on the group's energy and find your rhythm in the music. You control your own resistance levels and speed so you can build up your fitness level over time. It's a journey, not a race! Join our motivating and supportive RPM team of instructors.

MARCH 2018

AQUA EXERCISE-POOL

HEALTHPLUS FITNESS CENTER

	<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
9:15 AM		Water in Motion STACEY	Water in Motion ROBIN	Tabata Timing ROBIN	Water in Motion STACEY 15, 22: Robin	Water in Motion ROBIN	Instructor's Choice 3 Sara 10 Hannah 17 Brenda 24 Robin 31 Armon
11:00 AM		Stretch Your Body HANNAH		Stretch Your Body BRENDA		Stretch Your Body SARA 16: Armon	<i>St. Patrick's Day</i>
1:00 PM		Senior Water HANNAH		Senior Water BRENDA		Senior Water ARMON	

•Brunch & Munch **is scheduled for Friday MARCH 30 at 10:30 am. Please bring something to share and a friend! We will meet in the coffee area. EVERYONE is invited.**

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