























MARCH 2019

GROUP SCHEDULE










	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5:15 am	 BRANDI 11: Amanda		 BRANDI 13: Abbie		 AMANDA	8:10 am	CARDIO 2: Body Attack-Abbie 9: Strong Team 16: Circuits-Jamie 23: Step-Liz D. 30: ATTACK LAUNCH-BRANDI/ABBIE
8:10 am	 KIM	 ABBIE	 SEAN	 STACEY	 KIM & AMY	9:15 am	 2: Abbie 9: Amanda 16: Robin K. 23: Liz 30: BODYPUMP LAUNCH TEAM
9:15 am	*PILATES* BECKY	 ABI	*PILATES* BECKY	 ABI Circuits on the Track Jamie	 ABBIE	10:30 am	YOGA BASICS 2: Brenda 9: Greshanda 16: Robin K. 23: Bea 30: Brenda
10:30 am	*LOW IMPACT* LIZ D.	*YOGA BASICS* ROBIN K. 25: Brenda	*LOW IMPACT* LIZ D.	*YOGA BASICS* BRENDA	 KIM	SUNDAY	
4:30 pm	 ABBIE	 LIZ H. 12: Amanda	TABATA TIMING SARA 12: Armon	 ABBIE	 LYN-4:45 PM		
5:35 pm	 ABBIE	TABATA TIMING ARMON	 SEAN & ROBIN M.	 ROBIN M.		3:15 pm	YOGA BASICS 3: Bea 10: Greshanda 17: Bea 24: Brenda 30: Robin K.
6:45 pm	 SEAN	 JAMILA		YOGA BASICS / INTRO TO CYCLING ROBIN K. 27: No Class	**ALL CLASS MARKED WITH A * INDICATE A LOWER IMPACT CLASS **LAUNCH FOR STRONG-SATURDAY, MARCH 9TH **LAUNCH FOR BODYATTACK, RPM AND BODYPUMP SAT. MARCH 30TH		

		12: Robin M.			
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MARCH 2019

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			 DANIEL		 AMANDA		
8:10 AM							 2: Liz 9: Ann 16: Daniel 23: Amanda 30: LAUNCH TEAM
9:00 AM		 AMANDA		 ANN 13: Armon		 ANN 15: Armon	
9:15 AM			 AMANDA				
4:30 PM				 LIZ H. 13: Daniel			Nursery Hours Mon-Thurs: 8am-12:30pm 3:30pm-6:30pm Fri: 8am-12:30pm Sat: 8am-11am Sun: Closed
5:35 PM					 ARMON/ROBIN K 28: Armon		

MARCH 2019

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		 LYN	 ROBIN K 26: Stacey	Tabata Timing ROBIN K 27: Armon	 LYN	 ROBIN K 22: Armon 29: Armon	Instructor's Choice 2: Stacey 9: Lyn 16: Brenda 23: Armon 30: Robin K.
11:00 AM		Stretch Your Body ARMON		Stretch Your Body SARA 13: Brenda		Stretch Your Body BRENDA	
1:00 PM		Senior Water BRENDA		Senior Water ARMON		Senior Water ARMON	Nursery Hours Mon-Thurs: 8am-12:30pm 3:30pm-6:30pm Fri: 8am-12:30pm Sat: 8am-11am Sun: Closed
5:30 PM		Instructor's Choice 4: Stacey 11: Armon 18: Sara 25: Brenda					

** MOST water classes on the schedule are considered "low impact"*

**•Brunch & Munch is Friday, March 29th at 10:30 am in the lounge.
 Please bring something to share with a friend! EVERYONE is invited.**