

March Fitness Schedule

Mondays

8:30am Spin
8:30am Zumba
9:30am CORE Plus
9:30am Makin' Waves
10:30am Silver Splashers®
5:30pm CORE Plus
6:30pm Zumba
6:30pm Spin
6:30pm Aquacize

Tuesdays

9:00am Body Design
10:00am Yoga
11:15am Silver Sneakers®
6:00pm Tone it Up
6:15pm Yoga

Wednesdays

9:00am Tone it Up
9:30am Makin' Waves
10:30am Silver Splashers®
6:00pm Burn & Tone

Thursdays

8:30am Spin
9:00am 20/20/20
10:00am Yoga
11:15am Silver Sneakers®
6:00pm Body Design/Kick
6:00pm Spin
7:00pm Yoga

Fridays

9:00am Body Design
9:30am Makin' Waves
10:00am Beginner Silver Sneakers®
10:15am Zumba
10:30am Silver Splashers®
11:00am Silver Stretch®

Saturdays

10:30am Yoga
(13th & 27th only)



