



March 2020 Class Schedule

Class Prices:

\$18 for Single/Drop-in

\$95/Month - Unlimited (includes gym membership)

\$135 for 10 Class Punch Card

Instructor Key: Doug (D), Chrystal (C),

Cindy (CH), Rhonda (R)

Sr. classes are FREE for SilverSneakers members.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9:00 Sr. Balance (D) 5:30PM Bootcamp (D)	3 5:30AM Bootcamp (C)	4 9:00 Sr. Strength(D) 5:30PM Bootcamp (D)	5 5:30AM Bootcamp (C) 5:30PM Core & More/ Stretch & Strength (C)	6 9:00 Sr. Cardio (R)	7 8:30AM Super Strong 60 minutes (D)
8	9 9:00 Sr. Balance (CH) 5:30PM Bootcamp (D)	10 5:30AM Bootcamp (C)	11 9:00 Sr. Strength(D) 5:30PM Bootcamp (D)	12 5:30AM Bootcamp (C) 5:30PM Core & More/ Stretch & Strength (C)	13 9:00 Sr. Cardio (R)	14 8:30AM Super Strong 60 minutes (C)
15	16 9:00 Sr. Balance (CH) 5:30PM Bootcamp (D)	17 5:30AM Bootcamp (C)	18 9:00 Sr. Strength(D) 5:30PM Bootcamp (D)	19 5:30AM Bootcamp (C) 5:30PM Core & More/ Stretch & Strength (C)	20 9:00 Sr. Cardio (R)	21 8:30AM Super Strong 60 minutes (C)
22	23 9:00 Sr. Balance (CH) 5:30PM Bootcamp (D)	24 5:30AM Bootcamp (C)	25 9:00 Sr. Strength(D) 5:30PM Bootcamp (D)	26 5:30AM Bootcamp (C) 5:30PM Core & More/ Stretch & Strength (C)	27 9:00 Sr. Cardio (R)	28 8:30AM Super Strong 60 minutes (C)
29	30 9:00 Sr. Balance (CH) 5:30PM Bootcamp (D)	31 5:30AM Bootcamp (C)				