

MARCH 2025

GROUP FITNESS



TIME	MON	TUES	WEDS	THURS	FRI	SAT
8:00 AM		Gentle Yoga - Jodie	Gentle Yoga - Cassidy	Flow Yoga - Kat	Power Yoga - Kat	
9:00 AM	Total Body - Bonnie	HITT - Bonnie	Pilates - Bonnie	HITT - Bonnie	Total Body - Bonnie	Flow Restore - Kat
10:00 AM	Aqua Aerobics - Bonnie	Barre - Bonnie	Aqua Aerobics - Bonnie	Barre - Bonnie	Aqua Zumba - Bonnie	
10:00 AM	Stretch - Cassidy		Stretch - Cassidy			
11:00 AM	Aqua Aerobics - Bonnie		Aqua Aerobics - Bonnie			
11:00 AM	Yoga Nidra - Cassidy					
4:00 PM		Sweat & Strength - Leighton		Sweat & Strength - Kat		
5:00 PM		Restore Yoga - Kat		Restore Yoga - Kat		