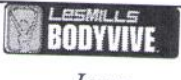











March Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:50am	Pedal Power <i>Ben</i>		Pedal Power <i>Ben</i>		Pedal Power <i>Ben</i>	
8:30am	 <i>Joan</i>	8:15-9:30am Flow Yoga <i>Laura</i>	 <i>Joan</i>	Pilates Mix <i>Joan</i>	 <i>Joan/Chi</i>	
9:35am	Gentle Flow & Stretch <i>Amanda</i>	Beginning Tai Chi <i>George</i>	Gentle Flow & Stretch <i>Amanda</i>	Multi-Level Yoga <i>Sue</i>	Total Body Conditioning <i>Joan/Chi</i>	Zumba <i>Jamie</i>
9:35am	Pedal Power <i>Lydia</i>		Pedal Power <i>Lydia</i>			
10:40am				Tai Chi <i>no instructor all levels welcome</i>		 <i>Aubrey</i>
12:30pm				Yoga <i>Nancy</i>		
4:00pm		Zumba <i>Jamie</i>		Zumba <i>Jamie</i>		
5:00pm		Core <i>Anne Marie</i>		Core <i>Anne Marie</i>		
5:30pm		Pedal Power <i>Lydia</i>		Pedal Power <i>Anne Marie</i>		
5:40pm	 <i>Chi</i> <i>(45 min express)</i>	 <i>Chi/Phil/Kathy</i>	 <i>Kathy</i>	 <i>Phil/Kathy</i>		
6:45pm	Flow Yoga <i>Caitlin</i>					

**Feature Classes for March: M,W Spin @ 9:35 & Body
Combat Sat. @ 10:40**

Gentle Stretch and Yoga – Instructor- Amanda

A beginner Yoga class to encourage that much needed stretching and open range of motion. Learn and practice basic essentials and find increased flexibility as well as extra benefits of strength, tone and balance. All levels are welcome.

Body Combat- Instructor- Chi, Kathy, Phil

Body Combat is an empowering cardio workout where you use a wide array of martial arts. It is a 55min workout that welcomes any level.

Body Pump- Instructor- Chi & Kathy

Body Pump is the original Barbell class that strengthens your entire body. The 60min class works all the major muscle groups and the 45min works everything but the triceps and biceps. All levels are welcome.

Body Vive- Instructor- Chi & Joan

Body Vive is a low impact whole body class. You use vive balls and bands to functionally workout your body. Begin with cardio fitness and dance moves followed by functional moves using the bands. Leave standing tall and full of energy! All levels welcome.

Pilates Mix- Instructor- Joan

A blend of core conditioning elements from mat work Pilates along with other stretch and strengthening exercises. You will also focus on elongation, flexibility, strength, posture, breathing & mind and body. All ages and levels welcome.

Zumba-Instructor- Jamie

Zumba offers exotic rhythms set to high energy Latin music. Join in at any level from beginner to the person looking for a more high impact high energy class. Come and join the party!

Flow Yoga- Instructor- Caitlin, Laura, Nancy

This class integrates the breath with the whole body in a flowing series of yoga poses. These flowing postures encourage clarity, flexibility, strength, alignment and balance. You will find the class both relaxing and energizing, all levels are welcome.

Multi-level Yoga- Instructor- Sue

An all-encompassing yoga that will take you thru a series of poses. Multiple levels will be shown thru out the class.

Total Body Conditioning-Instructor- Joan

TBC is a class that is meant to get you strong and muscle fit. You will tone and strengthen as well as use balance to get a totally body workout. You will learn to use equipment to get strong, including bars, stability balls, bosu, weights & rollers. All levels are welcome.

Tai Chi- Instructor- George

Originally practiced as a form of martial arts, Tai Chi consists of relaxed breathing in conjunction with a series of postures practiced in a slow sequential pattern .Designed to improve balance, coordination, agility & self-awareness. All levels welcome.

Pedal Power- Instructor- ben, Lydia, Anne Marie

This is a calorie burning, leg strengthening and cardio workout. A 45min class focused on developing strength on the bike. Perfect training for the avid bike rider as well as someone just starting!

Core- Instructor- Anne Marie

Emphasis on strengthening and defining the mid-section and additional muscle groups are occasionally incorporated. 30min class and all levels welcome.