

# Studio A (Large) Group Sessions: MARCH

\*Cycling & TRX: Pick up card from front desk to reserve your spot

Studio A	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	Body Pump Rotating 5:15-6:00		Weights & Plates Yoga (Sara) 5:15-6:00am		Yoga Flow Sara 5:15-6:00am		
6:00 AM							
7:00 AM	ForeverWell (55+) AOA Ben 8:15-9:00						
8:00 AM			ForeverWell (55+) AOA Ben 8:15-9am		ForeverWell (55+) AOA Ben 8:15-9:00am	Zumba	
9:00 AM	Body Pump Grace 9:15-10:00	Low Impact Cardio Shelly 9:15-10:00	Low Impact Cardio Shelly 9:15-10:00	Core Strength Flow Anna 9:15-10:00am	Low Impact Cardio Shelly 9:15-10:00am	Tamika 8:30-9:30am Yoga Flow	
#####	ForeverWell (55+) Forever Active Anna 10:15-11:00	ForeverWell (55+)-Forever active Karrie 10:15-11:00	ForeverWell (55+) ForeverActive Grace 10:15-11:00	ForeverWell (55+) ForeverActive Karrie 10:15-11:00		Sara 9:45-10:30am	
#####		ForeverWell (55+) CHAIR FLOW Margie 11:15-12:00		ForeverWell (55+) Chair Flow Margie 11:15-12:00pm			
#####			Parkinson's Power Aspirus Therapies & Pinnacle Performance 12:00-12:50pm				
1:00 PM							
2:00 PM		Reserved-VA 2-3pm					
3:00 PM	Reserve for VA 3-4pm						
4:00 PM							
5:00 PM				Butts & Gutts Anna 5:30-6:15pm			
6:00 PM		Zumba Tamika 6:15-7:15pm					
7:00 PM							

Sessions Highlighted are PAID Classes

Studios are open for member access (13+ years old allowed without adult, 11-12 years old MUST HAVE ADULT, <11 years old not allowed without adult/guardian supervision) | No SPORTS balls/equipment in studio



# Studio B (Small) Group Sessions: MARCH

\*Cycling & TRX: Pick up card from front desk to reserve your spot

Studio A	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM		*Cycling Jen 5:15-6:00am		*Cycling Jen 5:15-6:00am			
6:00 AM							
7:00 AM	Small Group Training Ben 7:00-8:00am		Small Group Training Ben 7:00-8:00am		Small Group Training Ben 7:00-8:00am		
8:00 AM						Spinning Strength/Sprint 8 Rotating Coach 8:15-9:00am	
9:00 AM			*Sprint 8 Anna 9:15-10am		Spinning Desirae 9:15-10:00am		
#####	Small Group Training Rhianna 10:15-11:15am		Small Group Training Rhianna 10:15-11:00am		Small Group Training Rhianna 10:15-11:15 am		
#####							
#####							
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM	Small Group Training Shelly		Small Group Training Rhianna	TRX Rhianna			
5:00 PM	4:30-5:30pm		4:30-5:30pm	4:30-5:30pm			
	Total Body Burn Shelly 5:45-6:30pm	Boot Camp Shelly 5:30-6:15pm					
6:00 PM							
7:00 PM							

Sessions **Highlighted** are PAID Classes

Studios are open for member access (13+ years old allowed without, adult 11-12 years old MUST HAVE ADULT, <11 years old not allowed parent/guardian) | No SPORTS balls/equipment in studio