

FORT SANDERS
HEALTH & FITNESS CENTER

★★★★★

531 - 5000



2020

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version on our website at
fshfc.com

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
11:30 BST/BP 90 (1) Lara 12:00 SPIN-RPM (2) Ashley 1:00 M&M 45 (1) Courtney 1:00 Yoga (3) Alesia 1:50 BodyCombat (1) Shannon 2:05 Barre (3) Shana 2:55 BodyPump (1) Sheila/Mikaela 3:10 GF Yoga 45 (3) Shana 4:00 CF Line Dance (1) Debbie 4:10 BodyFlow (3) Sheila	6:00 BodyPump (1) Nancy 6:00 SPIN-RPM (2) Julia 8:00 Barre (3) Cassie 8:15 BodyStep (1) Chloe 9:00 Aqua (P) Stephanie 9:00 Pilates (3) Deb 9:15 PureMuscle45 (1) Eric 10:00 Jointercize (P) Stephanie 10:05 CXworx (1) Eric 10:15 Yoga (3) Sheila 10:45 GoLow (1) Eric 11:00 Aqua (P) Lyssa 12:00 BodyFlow (3) Meg 12:00 SPIN (2) Chris C 1:00 Cardio Str. (1) Pam 4:30 Cardio Step 45(1) Brigitte 5:00 POUND (3) Alesia 5:15 CXworx (1) Brigitte 5:45 BodyAttack45 (1) Mikaela 6:00 Aqua (P) Katie 6:00 Yoga (3) Wendy 6:30 BodyPump (1) Suzanna/Mikaela 7:15 SPIN (2) Chris O 7:30 Zumba (1) Ildiko	6:00 BodyAttack (1) Shana 6:00 BodyFlow (3) Lara 8:00 Tone&Balance (3) Sara 8:15 SPIN-RPM (2) Meg 8:30 KickBoxing (1) Shana 9:00 Aqua Boot Camp (1) Sommer 9:00 BodyFlow (3) Cassie 9:30 BodyAttack (1) Eric 9:45 SPRINT (2) Mikaela 10:00 Yoga (3) Hannah 10:30 BodyPump (1) Cassie/Ashley 11:00 Jointercize (P) Karen K 12:00 Barre (3) Lyssa 12:00 M&M 45 (3) Suzanna 12:00 CF Line Dance (1) Lori 1:00 Aqua Flow (P) Debbie 1:30 Parkinson's (2) Stephanie 4:30 BST/BP 70 (1) Stacie 4:30 Barre (3) Mikaela 5:30 BodyFlow (3) Linda 5:45 PureMuscle45 (1) Kristi 6:30 SPRINT (2) Shana 6:30 BodyCombat (1) Ashley 6:35 Barre 30 (3) Linda	6:00 Boot Camp (1) Suzanna 6:00 SPIN (2) Nancy 8:30 PureMuscle (1) Sommer 9:00 Aqua (P) Sara 9:00 Pilates (3) Lori 9:30 Cardio Step 45 (1) Shana 10:00 Jointercize (P) Donna 10:15 CXworx (1) Shana 10:15 Yoga (3) Lori 10:45 GoLow (1) Shana 11:00 Aqua (P) Donna 11:30 Beg Tai Chi (3) Bill/Linda 12:00 BodyPump 45 (1) Mikaela 12:00 SPIN (2) Mary Alex 12:30 Int Tai Chi (3) Bill/Linda 5:00 POUND (3) Sheila 5:00 M&M 45 (1) Mary Alex 5:45 CF Line Dance (1) Debbie 6:00 SPRINT (2) Sara 6:00 Aqua (P) Alesia 6:00 Yoga (3) Sheila 6:30 BodyPump (1) Courtney 7:00 Feldenkrais (3) Debbie	6:00 SPRINT (2) Lara 6:00 BodyPump (1) Jackie 8:00 Tone&Balance (3) Stephanie 8:15 SPIN (2) Wendy 8:30 BSS (1) Eric 9:00 Aqua Boot Camp (1) Lara 9:30 BodyFlow (3) Meg 9:30 BodyStep (1) Chloe 10:30 Feldenkrais (3) Debbie 10:30 BodyPump (1) Sara/Suzanna 12:00 Cardio Dance (1) Julie 12:00 M&M 45 (3) Brigitte 1:30 Parkinsons (2) Nancy 4:30 BodyAttack (1) Ashley 4:30 Barre (3) Linda 5:30 PureMuscle 45(1) Kristi 6:00 Aqua Boot Camp (1) Kristi 6:15 BodyCombat (1) Sara 6:15 SPRINT (2) Alesia 7:30 Cardio Dance (1) Allyson	6:00 Boot Camp (1) Sommer 6:00 SPIN (2) Shana 8:30 BodyPump (1) Lara/Alesia 8:30 Pilates (3) Wendy 9:00 Aqua (P) Kristi 9:35 BodyFlow (3) Lara 9:30 KickBoxing (1) Alesia 10:00 Jointercize (P) Kristi 10:30 GoLow (1) Lori 10:40 Yoga (3) Wendy 11:00 Aqua (P) Meg 11:30 BST/BP 75 (1) Stephanie 12:00 SPRINT (2) Sara 1:00 CF Line Dance (1) Debbie 1:30 Parkinsons (2) Julie 2:15 Feldenkrais (3) Debbie 4:30 Cardio Step (1) Sheila 5:30 BodyPump (1) Courtney	8:00 BodyStep (1) Stephanie 8:00 SPIN (2) Shana 9:00 Aqua (P) Pam 9:00 BodyPump (1) Allison/ 9:00 BodyPump (1) Stephanie 9:00 BodyFlow (3) Cassie 10:00 Aqua Boot Camp (1) Sara 10:00 BodyAttack (1) Eric 10:00 SPRINT (2) Shannon 10:00 POUND(3) Cassie 11:00 PureMuscle(1) Eric 11:15 Yoga(3) Sheila 12:00 Cardio Dance (1) Julie 12:30 Barre (3) Mary Alex
8	9	10	11	12	13	14
11:30 BST/BP 90 (1) Jackie 12:00 SPIN (2) Wendy 1:00 M&M 45 (1) Eric 1:00 Yoga (3) Karen 1:50 BodyCombat (1) Ashley 2:05 Barre (3) Linda 2:55 BodyPump (1) Sara/Ashley 3:10 GF Yoga 45 (3) Linda 4:00 CF Line Dance (1) Debbie 4:10 BodyFlow (3) Linda	6:00 BodyPump (1) Lara 6:00 SPIN (2) Nancy 8:00 Barre (3) Chloe 8:15 BodyStep (1) Lara 9:00 Aqua (P) Stephanie 9:00 Pilates (3) Deb 9:15 PureMuscle45 (1) Eric 10:00 Jointercize (P) Stephanie 10:05 CXworx (1) Eric 10:15 Yoga (3) Sheila 10:45 GoLow (1) Eric 11:00 Aqua (P) Meg 12:00 BodyFlow (3) Sheila 12:00 SPIN (2) Mary Alex 1:00 Cardio Str. (1) Pam 4:30 Cardio Step 45(1) Brigitte 5:00 POUND (3) Allyson 5:15 CXworx (1) Mikaela 5:45 BodyAttack45 (1) Mikaela 6:00 Aqua (P) Kristi 6:00 Yoga (3) Wendy 6:30 BodyPump (1) Allison/Courtney 7:15 SPIN (2) Chris O 7:30 Zumba (1) Ildiko	6:00 BodyAttack (1) Shana 6:00 BodyFlow (3) Jackie 8:00 Tone&Balance (3) Shana 8:15 SPIN (2) Sheila 8:30 KickBoxing (1) Stephanie 9:00 Aqua Boot Camp (1) Meg 9:00 BodyFlow (3) Lara 9:30 BodyAttack (1) Stacie 9:45 SPRINT (2) Sara 10:00 Yoga (3) Lori 10:30 BodyPump (1) Sara/Ashley 11:00 Jointercize (P) Karen K 12:00 Barre (3) Mikaela 12:00 M&M 45 (3) Brigitte 12:00 CF Line Dance (1) Lori 1:00 Aqua Flow (P) Debbie 1:30 Parkinson's (2) Stephanie 4:30 BST/BP 70 (1) Alesia 4:30 Barre (3) Mikaela 5:30 BodyFlow (3) Kristi 5:45 PureMuscle45 (1) Wendy 6:30 SPRINT (2) Mikaela 6:30 BodyCombat (1) Ashley 6:35 Barre 30 (3) Shana	6:00 Boot Camp (1) Nancy 6:00 SPIN (2) Lara 8:30 PureMuscle (1) Lyssa 9:00 Aqua (P) Lara 9:00 Pilates (3) Karen 9:30 Cardio Step 45 (1) Shana 10:00 Jointercize (P) Donna 10:15 CXworx (1) Shana 10:15 Yoga (3) Karen 10:45 GoLow (1) Brigitte 11:00 Aqua (P) Donna 11:30 Beg Tai Chi (3) Bill/Linda 12:00 BodyPump 45 (1) Katie 12:00 SPIN (2) Shana 12:30 Int Tai Chi (3) Bill/Linda 5:00 POUND (3) Kristi 5:00 M&M 45 (1) Courtney 5:45 CF Line Dance (1) Pam 6:00 SPRINT (2) Dani 6:00 Aqua (P) Wendy 6:00 Yoga (3) Alesia 6:30 BodyPump (1) Allison 7:00 Feldenkrais (3) No Class Today	6:00 SPRINT (2) Lara 6:00 BodyPump (1) Jackie 8:00 Tone&Balance (3) Lyssa 8:15 SPIN-RPM (2) Ashley 8:30 BSS (1) Eric 9:00 Aqua Boot Camp (1) Shana 9:00 BodyFlow (3) Lori 9:30 BodyStep (1) Cassie 9:30 BodyFlow (3) Stacie 10:30 Feldenkrais (3) No Class Today 10:30 BodyPump (1)Stacie/Stephanie 12:00 Zumba /CD (1) Julie 12:00 M&M 45 (3) Chloe 1:30 Parkinsons (2) Nancy 4:30 BodyAttack (1) Mikaela 4:30 Barre (3) Shana 5:30 PureMuscle 45(1) Allison 6:00 Aqua Boot Camp (1) Sommer 6:15 BodyCombat (1) Linda 6:15 SPRINT (2) Shana 7:30 Cardio Dance (1) Ildiko	6:00 Boot Camp (1) Sara 6:00 SPIN-RPM (2) Julia 8:30 BodyPump (1) Cassie/Ashley 8:30 Pilates (3) Deb 9:00 Aqua (P) Alesia 9:35 BodyFlow (3) Kristi 9:30 KickBoxing (1) Shana 10:00 Jointercize (P) Wendy 10:30 GoLow (1) Katie 10:40 Yoga (3) Shana 11:00 Aqua (P) Wendy 11:30 BodyAttack (1) Mikaela 12:00 SPRINT (2) Shana 1:00 CF Line Dance (1) Lori 1:30 Parkinsons (2) Julie 2:15 Feldenkrais (3) No Class Today 4:30 Cardio Step (1) Shana 5:30 BodyPump (1) Sara	8:00 BodyStep (1) Stacie 8:00 SPIN (2) Nancy 9:00 Aqua (P) Katie 9:00 BodyPump (1) Stacie/Nancy 9:00 BodyFlow (3) Kristi 10:00 Aqua Boot Camp (1) Chloe 10:00 BodyAttack (1) Ashley 10:00 SPRINT (2) Shana 10:00 POUND (3) Kristi 11:00 PureMuscle(1) Lyssa 11:15 Yoga(3) Shana 12:00 Cardio Dance (1) Ildiko 12:30 Barre (3) Lyssa

(1) = Studio #1 (2) = Studio #2 (3) = Studio #3 (P) = Pool

All classes are 50-55 minutes in length Unless otherwise noted with a number after (ie... BodyStep/BodyPump 90, class is 90 minutes in length)

BST/BP = Combo BodyStep and BodyPump	BSS=Bosu, Stability, Strength	GF Yoga = Gentle Flow Yoga	M&M=Metabolic Meltdown
Indoor Cycling... SPIN Classes will focus on Coach by Color and FTW (Functional Threshold Watt) training		Spin-RPM—Les Mills Indoor Cycling Program	
SPRINT—Les Mills 30 minute High Intensity Interval Training on the Indoor Cycle			

15	11:30 BST/BP 90 (1) 12:00 SPIN (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 BodyCombat (1) 2:05 Barre (3) 2:55 BodyPump (1) 3:10 GF Yoga 45 (3) 4:00 CF Line Dance (1) 4:10 BodyFlow (3)	Stacie Ashley Courtney Lori Shannon Mikaela Lara/Allison Lori Julie Lara	6:00 BodyPump (1) 6:00 SPIN (2) 8:00 Barre (3) 8:15 BodyStep (1) 9:00 Aqua (P) 9:00 Pilates (3) 9:15 PureMuscle 45 (1) 10:00 Jointercize (P) 10:05 Total Core (1) 10:15 Yoga (3) 10:45 GoLow (1) 11:00 Aqua (P) 12:00 BodyFlow (3) 12:00 SPIN (2) 1:00 Cardio Str. (1) 4:30 Cardio Step 45 (1) 5:00 POUND (3) 5:15 Total Core (1) 5:45 BodyAttack 45 (1) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BodyPump (1) 7:15 SPIN (2) 7:30 Zumba (1)	Nancy Kari Lyssa Lara Donna Deb Mary Alex Stephanie Mary Alex Lori Chloe Stephanie Stephanie Chris C Pam Dani Kristi Ashley Ashley Katie Wendy Ashley/Allison Chris O Ildiko	16	6:00 BodyAttack (1) 6:00 BodyFlow (3) 8:00 Tone&Balance (3) 8:15 SPIN (2) 8:30 BodyCombat (1) 9:00 Aqua Boot Camp 9:00 BodyFlow (3) 9:30 BodyAttack (1) 9:45 SPRINT (2) 10:00 Yoga (3) 10:30 BodyPump (1) 11:00 Jointercize (P) 11:00 Barre (3) 12:00 M&M 45 (3) 12:00 CF Line Dance (1) 1:00 Aqua Flow (P) 1:30 Parkinson's (2) 4:30 BST/BP 70 (1) 4:30 Barre (3) 5:30 BodyFlow (3) 5:45 PureMuscle 45 (1) 6:30 SPRINT(2) 6:30 BodyCombat (1) 6:35 Barre 30 (3)	Shannon Stephanie Kari Lori Mikaela Sara Lara Eric Eric Dani Lori Ashley Karen K Chloe Suzanna Lori Linda Kari Stacie Linda Linda Kristi Mikaela Ashley Linda	17	6:00 Boot Camp (1) 6:00 SPIN (2) 8:30 PureMuscle (1) 9:00 Aqua (P) 9:00 Pilates (3) 9:30 Cardio Step 45 (1) 10:00 Jointercize (P) 10:15 Total Core (1) 10:15 Yoga (3) 10:45 GoLow (1) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) 12:00 BodyPump 45 (1) 12:00 SPIN (2) 12:30 Int Tai Chi (3) 5:00 POUND (3) 5:00 M&M 45 (1) 5:45 CF Line Dance (1) 6:00 SPRINT (2) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BodyPump (1) 7:00 Feldenkrais (3) No Class Today Note new times for CF Line Dance and BodyPump	Suzanna Nancy Suzanna Lara Lori Hannah Donna Ashley Hannah Lori Donna Bill/Linda Ashley Katie Bill/Linda Sheila Courtney Lori Sara Stephanie Sheila Allison	18	6:00 SPRINT (2) 6:00 BodyPump (1) 8:00 Tone&Balance (3) 8:15 SPIN-RPM (2) 8:30 BSS (1) 9:00 Aqua Boot Camp 9:30 BodyFlow (3) 9:30 BodyStep (1) 10:30 Feldenkrais (3) No Class Today 10:30 BodyPump (1) Stacie/Suzanna 12:00 Cardio Dance (1) 12:00 M&M 45 (3) 1:30 Parkinsons (2) 4:30 BodyAttack (1) 4:30 Barre (3) 5:30 PureMuscle 45(1) 6:15 Aqua Boot Camp 6:00 BodyCombat (1) 6:15 SPRINT (2) 7:30 Cardio Dance (1)	Lara Stephanie Stephanie Ashley Eric Chloe Lara Stacie No Class Today Stacie/Suzanna Julie Hannah Nancy Ashley Linda Allison Kristi Linda Dani Chloe	19	6:00 Boot Camp (1) 6:00 SPIN (2) 8:30 BodyPump (1) 8:30 Pilates (3) 9:00 Aqua (P) 9:35 BodyFlow (3) 9:30 KickBoxing (1) 10:00 Jointercize (P) 10:30 GoLow (1) 10:40 Yoga (3) 11:00 Aqua (P) 11:30 BST/BP 75 (1) 12:00 SPRINT (2) 1:00 CF Line Dance (1) 1:30 Parkinsons (2) 2:15 Feldenkrais (3) No Class Today 4:30 Cardio Step (1) 5:30 BodyPump (1)	Nancy Stephanie Lara/Suzanna Wendy Chloe Kristi Shana Wendy Hannah Shana Nancy Stacie Shana Lori Julie Ashley Linda Allison Kristi Linda Dani Chloe	20	8:00 BodyStep (1) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BodyPump (1) 9:00 BodyFlow (3) 10:00 Aqua Boot Camp 10:00 BodyAttack (1) 10:00 SPRINT (2) 10:00 POUND (3) 11:00 PureMuscle(1) 11:15 Yoga(3) 12:00 Cardio Dance (1) 12:30 Barre (3)	Nancy Stephanie Stephanie Wendy Chloe Kristi Shana Wendy Hannah Shana Nancy Stacie Shana	21	8:00 BodyStep (1) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BodyPump (1) 9:00 BodyFlow (3) 10:00 Aqua Boot Camp 10:00 BodyAttack (1) 10:00 SPRINT (2) 10:00 POUND (3) 11:00 PureMuscle(1) 11:15 Yoga(3) 12:00 Cardio Dance (1) 12:30 Barre (3)	Nancy Ashley Donna Stacie/Nancy Kristi Sommer Stacie Shannon Kristi Suzanna Shana Julie Shana
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22	11:30 BST/BP 90 (1) 12:00 SPIN (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 BodyCombat (1) 2:05 Barre (3) 2:55 BodyPump (1) Allison/Courtney 3:10 GF Yoga 45 (3) 4:00 CF Line Dance (1) 4:10 BodyFlow (3)	Jackie Nancy Sara Jackie Shannon Linda Lori Linda	6:00 BodyPump (1) 6:00 SPIN (2) 8:00 Barre (3) 8:15 BodyStep (1) 9:00 Aqua (P) 9:00 Pilates (3) 9:15 PureMuscle 45 (1) 10:00 Jointercize (P) 10:05 CXworx (1) 10:15 Yoga (3) 10:45 GoLow (1) 11:00 Aqua (P) 12:00 BodyFlow (3) 12:00 SPIN-RPM (2) 1:00 Cardio Str. (1) 4:30 Cardio Step 45 (1) 5:00 POUND (3) 5:15 Total Core (1) 5:45 BodyAttack 45 (1) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BodyPump (1) 7:15 SPIN (2) 7:30 Zumba (1)	Lara Shana Chloe Lara Stephanie Deb Eric Stephanie Eric Shana Eric Lyssa Cassie Meg Pam Brigitte Alesia Brigitte Stacie Kristi Wendy Stacie/Suzanna Chris O Ildiko	23	6:00 BodyAttack (1) 6:00 BodyFlow (3) 8:00 Tone&Balance (3) 8:15 SPIN (2) 8:30 KickBoxing (1) 9:00 Aqua Boot Camp 9:00 BodyFlow (3) 9:30 BodyAttack (1) 9:45 SPRINT (2) 10:00 Yoga (3) 10:30 BodyPump (1) 11:00 Jointercize (P) 11:00 Barre (3) 12:00 M&M 45 (3) 12:00 CF Line Dance (1) 1:00 Aqua Flow (P) 1:30 Parkinson's (2) 4:30 BST/BP 70 (1) 4:30 Barre (3) 5:30 BodyFlow (3) 5:45 PureMuscle 45 (1) 6:30 SPRINT (2) 6:30 BodyCombat (1) 6:35 Barre 30 (3)	Shana Jackie Stephanie Lara Brigitte Lori Meg Eric Sara Shana Ashley/Cassie Karen K Shana Suzanna Lori Linda Kari Stephanie Linda Karen Sommer Mikaela Ashley Karen	24	6:00 Boot Camp (1) 6:00 SPIN (2) 8:30 PureMuscle (1) 9:00 Aqua (P) 9:00 Pilates (3) 9:30 Cardio Step 45 (1) 10:00 Jointercize (P) 10:15 CXworx (1) 10:15 Yoga (3) 10:45 GoLow (1) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) 12:00 BodyPump 45 (1) 12:00 SPIN (2) 12:30 Int Tai Chi (3) 5:00 POUND (3) 5:00 M&M 45 (1) 5:45 CF Line Dance (1) 6:00 SPRINT (2) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BodyPump (1) 7:00 Feldenkrais (3) No Class Today Note new times for CF Line Dance and BodyPump	Sara Nancy Sommer Chloe Karen Shana Donna Shana Karen Shana Donna Bill/Linda Katie Lori Bill/Linda Allyson Courtney Lori Mikaela Sara Alesia Allison	25	6:00 SPRINT (2) 6:00 BodyPump (1) 8:00 Tone&Balance (3) 8:15 SPIN (2) 8:30 BSS (1) 9:00 Aqua Boot Camp 9:30 BodyFlow (3) 9:30 BodyStep (1) 10:30 Feldenkrais (3) No Class Today 10:30 BodyPump (1) 12:00 Cardio Dance (1) 12:00 M&M 45 (3) 1:30 Parkinsons (2) 4:30 BodyAttack (1) 4:30 Barre (3) 5:30 PureMuscle 45(1) 6: Aqua Boot Camp 6:15 BodyCombat (1) 6:15 SPRINT (2) 7:30 Cardio Dance (1)	Lara Nancy Kari Sheila Eric Lara Cassie Chloe Mikaela/ Stephanie Julie Lyssa Nancy Stacie Shana Allison Sommer Linda Sara Ildiko	26	6:00 Boot Camp (1) 6:00 SPIN (2) 8:30 BodyPump (1) 8:30 Pilates (3) 9:00 Aqua (P) 9:35 BodyFlow (3) 9:30 KickBoxing (1) 10:00 Jointercize (P) 10:30 GoLow (1) 10:40 Yoga (3) 11:00 Aqua (P) 11:30 BodyAttack (1) 12:00 SPRINT (2) 1:00 CF Line Dance (1) 1:30 Parkinsons (2) 2:15 Feldenkrais (3) No Class Today 4:30 Cardio Step (1) 5:30 BodyPump (1)	Sommer Kari Sheila/Alesia Deb Kristi Lara Alesia Kristi Katie Lori Meg Ashley Mikaela Pam Julie Mikaela	27	8:00 BodyStep (1) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BodyPump (1) 9:00 BodyFlow (3) 10:00 Aqua Boot Camp 10:00 BodyAttack (1) 10:00 SPRINT (2) 10:00 POUND (3) 11:00 PureMuscle(1) 11:15 Yoga(3) 12:00 Cardio Dance (1) 12:30 Barre (3)	Nancy Stephanie Lara/Suzanna Wendy Chloe Kristi Shana Wendy Hannah Shana Nancy Stacie Shana Allison Sommer Linda Sara Ildiko	28	8:00 BodyStep (1) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BodyPump (1) 9:00 BodyFlow (3) 10:00 Aqua Boot Camp 10:00 BodyAttack (1) 10:00 SPRINT (2) 10:00 POUND (3) 11:00 PureMuscle(1) 11:15 Yoga(3) 12:00 Cardio Dance (1) 12:30 Barre (3)	Nancy Ashley Donna Stacie/Nancy Kristi Sommer Stacie Shannon Kristi Suzanna Shana Julie Shana
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SUPER SATURDAY

SEE SCHEDULE BELOW!!!

All classes 30-45 min.

29	11:30 BST/BP 90 (1) 12:00 SPIN-RPM (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 BodyCombat (1) 2:05 Barre (3) 2:55 BodyPump (1) 3:10 GF Yoga 45 (3) 4:00 CF Line Dance (1) 4:10 BodyFlow (3)	Stacie Julia Sommer Shana Mikaela Shana Mikaela/Sheila Shana Pam Sheila	6:00 BodyPump (1) 6:00 SPIN (2) 8:00 Barre (3) 8:15 BodyStep (1) 9:00 Aqua (P) 9:00 Pilates (3) 9:15 PureMuscle 45 (1) 10:00 Jointercize (P) 10:05 Total Core (1) 10:15 Yoga (3) 10:45 GoLow (1) 11:00 Aqua (P) 12:00 BodyFlow (3) 12:00 SPIN (2) 1:00 Cardio Str. (1) 4:30 Cardio Step 45 (1) 5:00 POUND (3) 5:15 Total Core (1) 5:45 BodyAttack 45 (1) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BodyPump (1) 7:15 SPIN (2) 7:30 Zumba (1)	Jackie Nancy Cassie Chloe Stephanie Deb Shana Stephanie Shana Sheila Lori Lyssa Meg Chris C Pam Alesia Kristi Mikaela Mikaela Kari Wendy Stacie/Katie Chris O Allyson	30	6:00 BodyAttack (1) 6:00 BodyFlow (3) 8:00 Tone&Balance (3) 8:15 SPIN (2) 8:30 KickBoxing (1) 9:00 Aqua Boot Camp 9:00 BodyFlow (3) 9:30 BodyAttack (1) 9:45 SPRINT (2) 10:00 Yoga (3) 10:30 BodyPump (1) 11:00 Jointercize (P) 11:00 Barre (3) 12:00 M&M 45 (3) 12:00 CF Line Dance (1) 1:00 Aqua Flow (P) 1:30 Parkinson's (2) 4:30 BST/BP 70 (1) 4:30 Barre (3) 5:30 BodyFlow (3) 5:45 PureMuscle 45 (1) 6:30 SPRINT(2) 6:30 BodyCombat(1) 6:35 Barre 30 (3)	Shana Lara Shana Stephanie Brigitte Sara Cassie Stacie Mikaela Lori Stacie/Cassie Karen K Lyssa Lyssa Lori Debbie Kari Alesia Linda Karen Sommer Sara Ashley Karen	31	6:00 Boot Camp (1) 6:00 SPIN (2) 8:30 PureMuscle (1) 9:00 Aqua (P) 9:00 Pilates (3) 9:30 Cardio Step 45 (1) 10:00 Jointercize (P) 10:15 CXworx (1) 10:15 Yoga (3) 10:45 GoLow (1) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) 12:00 BodyPump 45 (1) 12:00 SPIN (2) 12:30 Int Tai Chi (3) 5:00 POUND (3) 5:00 M&M 45 (1) 5:45 CF Line Dance (1) 6:00 SPRINT (2) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BodyPump (1) 7:00 Feldenkrais (3) No Class Today Note new times for CF Line Dance and BodyPump	Suzanna Nancy Suzanna Lara Lori Hannah Donna Ashley Hannah Lori Donna Bill/Linda Ashley Katie Lori Bill/Linda Allyson Courtney Lori Mikaela Sara Alesia Allison
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Saturday March 28th

GYM
9:15 GRIT
Class is free for everyone today!!!

Studio #1
8:00-8:30 BodyStep
8:35-9:05 BodyPump
9:10-9:40 M&M
9:45-10:15 Kickboxing
10:20-10:50 BodyAttack
10:55-11:25 BodyCombat
11:30-12:00 Cardio Dance
12:15-12:45 Country Fusion

Studio #2
8:00-8:45 SPIN
9:00-9:45 FTW Ramp Test
10:00-10:30 SPRINT

Studio #3
8:00-8:30 Pound
8:35-9:05 Bodyflow Strength
9:15-9:45 Barre
10:00-10:30 BodyFlow Flexibility
10:45-11:30 Couples Yoga

Pool
9:00-9:45 Aqua
9:50-10:35 Aqua Boot Camp

Just a couple of changes for March...

Wed. 7:00pm CF Line Dance moves to 5:45pm (45 min.)

Wed. 6:00pm BodyPump moves to 6:30pm

Thurs. 6:15pm Aqua Boot Camp moves to 6:00pm

We will sort through Surveys and Make additional changes in April