

# MARCH 2010 GROUP FITNESS SCHEDULE

| <b>MONDAY</b>                                       |        | <b>3/1</b>    | <b>3/8</b>    | <b>3/15</b>   | <b>3/22</b>   | <b>3/29</b>   |
|---|--------|---------------|---------------|---------------|---------------|---------------|
| 6:00 a.m. Kickboxing                                | NEW!   | Linda         | Linda         | Linda         | Linda         | Linda         |
| 8:30 a.m. Cardio/Sculpt                             | green  | Stephanie     | Stephanie     | Stephanie     | Stephanie     | Stephanie     |
| 9:30 a.m. Cycling                                   | green  | Joyce         | Joyce         | Joyce         | Joyce         | Joyce         |
| 9:00 a.m. Kickboxing                                | yellow | Linda         | Linda         | Linda         | Linda         | Linda         |
| 5:30 p.m. Korean Karate (90 min. Fee)               |        | Gordan        | Gordan        | Gordan        | Gordan        | Gordan        |
| 6:00 p.m. Waterworks                                | green  | Kristin       | Kristin       | Kristin       | Kristin       | Kristin       |
| 6:00 p.m. Prime Cuts                                | green  | Alexia        | Alexia        | Alexia        | Alexia        | Alexia        |
| 7:00 p.m. Hatha Yoga                                | green  | Jill          | Jill          | Jill          | Jill          | Jill          |
| <b>TUESDAY</b>                                      |        | <b>3/2</b>    | <b>3/9</b>    | <b>3/16</b>   | <b>3/23</b>   | <b>3/30</b>   |
| 6:00 a.m. Cycling                                   | green  | Paul          | Paul          | Paul          | Paul          | Paul          |
| 8:00 a.m. Yoga (60 min) Upper                       | green  | Cynthia       | Cynthia       | Cynthia       | Cynthia       | Cynthia       |
| 9:05 a.m. mat Pilates (75min)                       | green  | Cynthia       | Cynthia       | Cynthia       | Cynthia       | Cynthia       |
| 9:00 a.m. Trekking                                  | green  | Linda         | Linda         | Linda         | Linda         | Linda         |
| 6:00 p.m. Cycling                                   | green  | April         | April         | April         | April         | April         |
| 6:00 p.m. Pilates                                   | green  | Sherri        | Sherri        | Sherri        | Sherri        | Sherri        |
| 7:00 p.m. Step/Sculpt                               | Yellow | Max           | Max           | Max           | Max           | Max           |
| 7:00 p.m. Cardio Kickbox                            | NEW!   | Eric          | Eric          | Eric          | Eric          | Eric          |
| <b>7:00pm Boot Camp (Fee Class)</b>                 |        | <b>Alexia</b> | <b>Alexia</b> | <b>Alexia</b> | <b>Alexia</b> | <b>Alexia</b> |
| <b>WEDNESDAY</b>                                    |        | <b>3/3</b>    | <b>3/10</b>   | <b>3/17</b>   | <b>3/24</b>   | <b>3/31</b>   |
| 6:00 a.m. Body Rock (Fitness Cntr) NEW!             |        | Linda         | Linda         | Linda         | Linda         | Linda         |
| 9:00 a.m. Circuit                                   | green  | Michael       | Michael       | Michael       | Michael       | Michael       |
| 8:45 a.m. Cardio/Sculpt                             | green  | Stephanie     | Stephanie     | Stephanie     | Stephanie     | Stephanie     |
| 9:45 a.m. Zumba/Cardio Dance                        | green  | Stephanie     | Stephanie     | Stephanie     | Stephanie     | Stephanie     |
| 6:00 p.m. Waterworks                                | green  | Tara          | Tara          | Tara          | Tara          | Tara          |
| 6:00 p.m. Kickboxing                                | green  | Linda         | Linda         | Linda         | Linda         | Linda         |
| 7:00 p.m. Yin Yoga                                  | yellow | Cheryl        | Cheryl        | Cheryl        | Cheryl        | Cheryl        |
| <b>THURSDAY</b>                                     |        | <b>3/4</b>    | <b>3/11</b>   | <b>3/18</b>   | <b>3/25</b>   |               |
| 6:00 a.m. Cycling                                   | green  | Joyce         | Joyce         | Joyce         | Joyce         |               |
| 8:00 a.m. Yoga (60 min) Upper                       | green  | Cynthia       | Cynthia       | Cynthia       | Cynthia       |               |
| 9:05 a.m. mat Pilates (75min)                       | green  | Cynthia       | Cynthia       | Cynthia       | Cynthia       |               |
| 9:00 a.m. Trekking (60 min)                         | green  | Linda         | Linda         | Linda         | Linda         |               |
| 5:30 p.m. Korean Karate (90 min. Fee)               |        | Gordan        | Gordan        | Gordan        | Gordan        |               |
| 6:00 p.m. Pilates With Props                        | green  | Cynthia       | Cynthia       | Cynthia       | Cynthia       |               |
| 6:00 p.m. Cycling                                   | green  | April         | April         | April         | April         |               |
| 7:00 p.m. Zumba                                     | green  | Cynthia       | Cynthia       | Cynthia       | Cynthia       |               |
| <b>7:00pm Boot Camp (Fee Class)</b>                 |        | <b>Alexia</b> | <b>Alexia</b> | <b>Alexia</b> | <b>Alexia</b> |               |
| <b>FRIDAY</b>                                       |        | <b>3/5</b>    | <b>3/12</b>   | <b>3/19</b>   | <b>3/26</b>   |               |
| 6:00 am Kickboxing                                  | yellow | Linda         | Linda         | Linda         | Linda         |               |
| 8:30 a.m. 20/20/20                                  | green  | Cynthia       | Cynthia       | Cynthia       | Cynthia       |               |
| 9:30 a.m. Cycling                                   | green  | Michael       | Michael       | Michael       | Michael       |               |
| <b>SATURDAY</b>                                     |        | <b>3/6</b>    | <b>3/13</b>   | <b>3/20</b>   | <b>3/27</b>   |               |
| 8:30 a.m. Circuit                                   | green  | Linda         | Linda         | Linda         | Linda         |               |
| 8:30 a.m. Cycling                                   | green  | Sherri        | Sherri        | Sherri        | Sherri        |               |
| 8:45 a.m. Waterworks                                | green  | Donna         | Donna         | Donna         | Donna         |               |
| 9:00 am Cardio Tennis                               | green  | Lincoln       | Lincoln       | Lincoln       | Lincoln       |               |
| 10:00 a.m. Yoga (90 min) Upper                      | green  | Raluca        | Cheryl        | Cheryl        | Raluca        |               |
| <b>SUNDAY</b>                                       |        | <b>3/7</b>    | <b>2/14</b>   | <b>2/21</b>   | <b>3/28</b>   |               |
| 8:30 a.m. Zumba/Cardio Dance                        | green  | Stephanie     | Stephanie     | Stephanie     | Stephanie     |               |
| 8:30 a.m. Cycling                                   | green  | Joyce         | Paul          | Beth          | Joyce         |               |
| 10:00 a.m. Mat Power Pilates (75 min) Inter/Adv grn |        | Cynthia       | Cynthia       | Cynthia       | Cynthia       |               |

**A New Year should mean a NEW YOU! Call today to get set up for a FREE Session with a Personal Trainer  
Contact Mark Wisneski at 313.562.1296 to get your session booked today!**