

MARCH GROUP FITNESS COURT SOUTH



CLASS DESCRIPTIONS

BA-BodyAttack	BP-BodyPump	GCC-Gentle Cardio Conditioning	Spin-Cycling	WTH-Water Therapy
BC-BodyCombat	FS-Freestyle Step	Jam- BodyJam	TS-Tread n Shed	Y-Yoga
BS-BodyStep	Flow- BodyFlow	P- Pilates Mat	W-Water Aerobics	ZU-Zumba

Welcome Zumba to the schedule! North Friday's at 5:45!!

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
WEST		8:30 BA Holly 9:30 BP* Holly 10:30 Spin* Lee Ann 10:30 W Shirley 12:00 BP* Shari	6:00 Spin* Bill 8:30 BP* Reece 9:30 FS Caroline 10:30 P Rachel D 10:30 WTH Ellen	8:30 BA Mary 9:30 BP* Geena 10:30 Flow Geena 10:30 Spin* Eleanore 10:30 W Shirley 12:00 BP* Damaris	6:00 Spin* Joe 9:30 BS Laura 10:30 WTH Ellen 10:30 Spin* Marylou	8:30 BC Lisa 9:30 BP* Lisa 10:30 W Kim P 10:30 Spin* Terra 12:00 BP Terra	8:00 BP* Sidney 9:00 Spin* Terra 9:00 BA Hester 10:15 BP* Terra 11:30 Y OJ		
	4:00 BP* Jillian 5:00 Spin* Eric 5:00 BC Shari	5:15 BS Terra 6:00 Spin* Marylou 6:00 W Pearl 6:15 Jam Myrna 7:15 Flow Mary 8:15 BP* Becky	5:00 BA# Lisa 5:30 Spin* Eric 6:00 BP* April 7:15 Y# Tee	5:15 BS Lauren 6:15 BC Melissa 6:00 Spin* Rhonnda 7:15 BA Clarissa 8:15 BP* Jillian	5:00 Y OJ 5:30 Spin* Rhonnda 6:00 BP* Melissa 7:00 Jam Melissa	4:30 BS Mary 5:30 Spin* T 5:30 BC Elizabeth			
	WEST CLUB 470-3600		# Allows Non-Prime Access		* Requires sign-in 15 minutes before class				
	NORTH		5:30 Spin* Ashlee 9:30 Spin* Damaris 5:00 BP* Sarah L 6:00 BS Sharon 6:00 Spin* Tee 7:00 Y# Tee	5:30 BP* Jack 9:30 BP* Suzan B 5:00 BS Lauren 6:00 BP* Shari 7:00 BA# Myrna	5:30 BS JoAnn 9:30 TS Trillia 5:00 BP* Stephanie 6:00 Jam Myrna 6:00 Spin* Tee	5:30 BP* Becky 9:30 BP* Trillia 5:00 Flow Mary 6:00 BP* Tee	5:30 Spin* Debby 9:30 BS Trillia 4:30 BP Sarah L 5:45 ZU Alicia	8:00 Spin* Debby 9:00 BP* Allyson 10:00 BC Allyson	
		4:00 BP* Stephanie 5:00 Flow Jorgene	6:00 Spin* Tee 7:00 Y# Tee	6:00 BP* Shari 7:00 BA# Myrna	6:00 Jam Myrna 6:00 Spin* Tee	5:00 Flow Mary 6:00 BP* Tee	4:30 BP Sarah L 5:45 ZU Alicia		
		NORTH CLUB 688-3600		SOUTH CLUB 579-3600		North & South Club Hours: M - F 5am - 11pm, Sat & Sun 7am - 7pm			
		SOUTH		6:00 Spin* Hester 9:30 BS Laura 9:30 WTH Jack 9:30 GCC Mary 10:30 Y# OJ	6:00 BP* Hester 9:30 BP* Holly 10:30 BA Diane 4:30 BP Missie 6:00 Jam Allyson 6:00 Spin* Damaris 7:00 Flow Hester	6:00 Spin* Bill 9:30 BC Lisa 9:30 WTH Jack 9:30 GCC Rachel D 10:30 Y OJ	6:00 BP* Reece 9:30 BP* Lisa 4:30 BA Reece 6:00 BS Stephanie 6:00 Spin* T	6:00 Spin* Jeff 9:30 BA Holly 9:30 WTH Jack 9:30 GCC Rachel D 10:30 Y OJ	9:00 BP* Damaris 10:00 Jam Reece 11:00 Flow Reece
			3:00 BA Allyson 4:00 BP Missie	6:00 Spin* Hester 9:30 BS Laura 9:30 WTH Jack 9:30 GCC Mary 10:30 Y# OJ	6:00 BP* Hester 9:30 BP* Holly 10:30 BA Diane 4:30 BP Missie 6:00 Jam Allyson 6:00 Spin* Damaris 7:00 Flow Hester	6:00 Spin* Bill 9:30 BC Lisa 9:30 WTH Jack 9:30 GCC Rachel D 10:30 Y OJ	6:00 BP* Reece 9:30 BP* Lisa 4:30 BA Reece 6:00 BS Stephanie 6:00 Spin* T	6:00 Spin* Jeff 9:30 BA Holly 9:30 WTH Jack 9:30 GCC Rachel D 10:30 Y OJ	9:00 BP* Damaris 10:00 Jam Reece 11:00 Flow Reece
				4:30 BC Allyson 6:00 BP* Kim R. 7:00 BA April	6:00 Spin* Hester 9:30 BP* Holly 10:30 BA Diane 4:30 BP Missie 6:00 Jam Allyson 6:00 Spin* Damaris 7:00 Flow Hester	6:00 Spin* Bill 9:30 BC Lisa 9:30 WTH Jack 9:30 GCC Rachel D 10:30 Y OJ	6:00 BP* Reece 9:30 BP* Lisa 4:30 BA Reece 6:00 BS Stephanie 6:00 Spin* T	6:00 Spin* Jeff 9:30 BA Holly 9:30 WTH Jack 9:30 GCC Rachel D 10:30 Y OJ	9:00 BP* Damaris 10:00 Jam Reece 11:00 Flow Reece
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	6:00 Spin* Hester 9:30 BS Laura 9:30 WTH Jack 9:30 GCC Mary 10:30 Y# OJ		6:00 BP* Hester 9:30 BP* Holly 10:30 BA Diane 4:30 BP Missie 6:00 Jam Allyson 6:00 Spin* Damaris 7:00 Flow Hester	6:00 Spin* Bill 9:30 BC Lisa 9:30 WTH Jack 9:30 GCC Rachel D 10:30 Y OJ	6:00 BP* Reece 9:30 BP* Lisa 4:30 BA Reece 6:00 BS Stephanie 6:00 Spin* T	6:00 Spin* Jeff 9:30 BA Holly 9:30 WTH Jack 9:30 GCC Rachel D 10:30 Y OJ	9:00 BP* Damaris 10:00 Jam Reece 11:00 Flow Reece		

