



March 2010 Group Fitness Schedule

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---|---|--|---|---|
| | <p>1</p> <p>6:00-6:20pm Abs & Back (Lisa)</p> <p>6:25-7:05pm Power Sets (L.B) (Lisa)</p> <p>7:10-7:35pm Stretch/Yoga (Gail)</p> | <p>2</p> <p>6:00-6:45am Total Body (Courtney)</p> <hr/> <p>6:00-6:20pm Abs & Back (Lori)</p> <p>6:25-7:05pm Power Sets (U.B) (Lori)</p> | <p>3</p> <p>4:30-5:15pm Interval (Marcie)</p> <p>6:00-6:20pm Abs & Back (Lisa)</p> <p>6:25-7:05pm Power Sets (L.B) (Lisa)</p> <p>7:10-7:35pm Stretch/Yoga (Lisa)</p> | <p>4</p> <p>6:00-6:45am Step (Marcie)</p> <hr/> <p>6:00-6:20pm Abs & Back (Lori)</p> <p>6:25-7:05pm Power Sets (U.B) (Lori)</p> | <p>5</p> <p>6:00-6:45am Arms & Abs (Gail)</p> | <p>6</p> <p>8:30-9:30am Step Interval (Lisa)</p> |
| 7 | <p>8</p> <p>6:00-6:20pm Abs & Back (Lisa)</p> <p>6:25-7:05pm Power Sets (U.B) (Lisa)</p> <p>7:10-7:35pm Stretch/Yoga (Gail)</p> | <p>9</p> <p>6:00-6:45am Total Body (Courtney)</p> <hr/> <p>6:00-6:20pm Abs & Back (Lori)</p> <p>6:25-7:05pm Power Sets (L.B) (Lori)</p> | <p>10</p> <p>4:30-5:15pm Kickboxing (Marcie)</p> <p>6:00-6:20pm Abs & Back (Lisa)</p> <p>6:25-7:05pm Power Sets (U.B) (Lisa)</p> <p>7:10-7:35pm Stretch/Yoga (Lisa)</p> | <p>11</p> <p>6:00-6:45am Interval (Marcie)</p> <hr/> <p>6:00-6:20pm Abs & Back (Lori)</p> <p>6:25-7:05pm Power Sets (L.B) (Lori)</p> | <p>12</p> <p>6:00-6:45am Butts & Guts (Gail)</p> | <p>13</p> <p>8:30-9:30am Step (Lisa)</p> |
| 14 | <p>15</p> <p>6:00-6:20pm Abs & Back (Lisa)</p> <p>6:25-7:05pm Power Sets (L.B) (Lisa)</p> <p>7:10-7:35pm Stretch/Yoga (Gail)</p> | <p>16</p> <p>6:00-6:45am Total Body (Courtney)</p> <hr/> <p>6:00-6:20pm Abs & Back (Lori)</p> <p>6:25-7:05pm Power Sets (U.B) (Lori)</p> | <p>17</p> <p>4:30-5:15pm Step (Marcie)</p> <p>6:00-6:20pm Abs & Back (Lisa)</p> <p>6:25-7:05pm Power Sets (L.B) (Lisa)</p> <p>7:10-7:35pm Stretch/Yoga (Lisa)</p> | <p>18</p> <p>6:00-6:45am Step (Marcie)</p> <hr/> <p>6:00-6:20pm NO CLASS</p> <p>6:25-7:05pm NO CLASS</p> | <p>19</p> <p>6:00-6:45am Core (Gail)</p> | <p>20</p> <p>8:30-9:30am Interval (Lisa)</p> |
| 21 | <p>22</p> <p>6:00-6:20pm Abs & Back (Marcie)</p> <p>6:25-7:05pm Power Sets (U.B) (Marcie)</p> <p>7:10-7:35pm Stretch/Yoga (Gail)</p> | <p>23</p> <p>6:00-6:45am Total Body (Courtney)</p> <hr/> <p>6:00-6:20pm Abs & Back (Lori)</p> <p>6:25-7:05pm Power Sets (L.B) (Lori)</p> | <p>24</p> <p>4:30-5:15pm Kickboxing (Marcie)</p> <p>6:00-6:20pm Abs & Back (Gail)</p> <p>6:25-7:05pm Power Sets (U.B) (Gail)</p> <p>7:10-7:35pm Stretch/Yoga (Gail)</p> | <p>25</p> <p>6:00-6:45am Step Interval (Marcie)</p> <hr/> <p>6:00-6:20pm Abs & Back (Lori)</p> <p>6:25-7:05pm Power Sets (L.B) (Lori)</p> | <p>26</p> <p>6:00-6:45am Pilates (Gail)</p> | <p>27</p> <p>8:30-9:30am Kickboxing (Marcie)</p> |
| 28 | <p>29</p> <p>6:00-6:20pm Abs & Back (Lisa)</p> <p>6:25-7:05pm Power Sets (L.B) (Lisa)</p> <p>7:10-7:35pm Stretch/Yoga (Gail)</p> | <p>30</p> <p>6:00-6:45am Total Body (Courtney)</p> <hr/> <p>6:00-6:20pm Abs & Back (Lori)</p> <p>6:25-7:05pm Power Sets (U.B) (Lori)</p> | <p>31</p> <p>4:30-5:15pm Interval (Lori)</p> <p>6:00-6:20pm Abs & Back (Lisa)</p> <p>6:25-7:05pm Power Sets (L.B) (Lisa)</p> <p>7:10-7:35pm Stretch/Yoga (Lisa)</p> | | | |

