

MARCH - 2019 -- BAY

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	Sunday
Tread N Shred- 12:05 PM		ABS 45 06:00 AM		YOGA 12:10 PM		MetX & Core 06:00 AM		LIFT 12:10 PM			
04	Russell* P	05	(Jenna) N	06	Gita G	07	(Jenna) N	01	Noel F		
11	Russell* P	12	(Jenna) N	13	Gita G	14	(Jenna) N	08	Noel F		
18	Russell* P	19	(Jenna) N	20	Gita G	21	(Jenna) N	15	Noel F		
25	Russell* P	26	(Jenna) N	27	Gita G	28	(Jenna) N	22	Noel F		
Rush 12:10 PM		CYCLE 12:05 PM		CYCLE 12:10 PM		Tread N Shred- 12:05 PM		29	Noel F		
04	Catt W	05	Amanda M	06	Matthew W	07	Russell* P				
11	Catt W	12	Amanda M	13	Matthew W	14	Russell* P				
18	Catt W	19	Amanda M	20	Matthew W	21	Russell* P				
25	TBA	26	Amanda M	27	Matthew W	28	Russell* P				
CYCLE 12:10 PM		LIFT 12:10 PM				Force express 12:10 PM					
04	Lorraine P	05	Noel F			07	Gita G				
11	Lorraine P	12	Noel F			14	Kelli H				
18	Lorraine P	19	Noel F			21	Kelli H				
25	Lorraine P	26	Noel F			28	Kelli H				
		Tread N Shred- 5:15 PM									
		05	Trainer ^								
		12	Trainer ^								
		19	Trainer ^								
		26	Trainer ^								

◆ Information is subject to change

For an up to date group fitness schedule please visit our website or download the World Health app