

MARCH - 2019 -- SPORT EDGEMONT

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Rush 08:20 AM		CYCLE 06:15 AM		Fire 08:20 AM		CYCLE 06:15 AM		YOGA 08:20 AM		Force 08:30 AM		Core/ABSolution 45 08:30 AM	
04	Jodie B	05	Wayne S	06	Philomena V	07	Marisa B	01	Tammie G	02	Kelli H	03	Aldo G
11	Jodie B	12	Wayne S	13	Philomena V	14	Marisa B	08	Tammie G	09	Rachel D	10	Aldo G
18	Jodie B	19	Wayne S	20	Philomena V	21	Marisa B	15	Tammie G	16	Kelli H	17	Aldo G
25	Jodie B	26	Wayne S	27	Philomena V	28	Marisa B	22	Tammie G	23	Rachel D	24	Aldo G
CYCLE 09:15 AM		LIFT 08:20 AM		CYCLE 09:15 AM		Force 08:20 AM		CYCLE 09:15 AM		CYCLE 08:30 AM		LIFT 09:20 AM	
04	Scott W	05	Kimberly D	06	Lorne S	07	Evie W	CYCLE 09:15 AM		CYCLE 08:30 AM		LIFT 09:20 AM	
11	Scott W	12	Kimberly D	13	Lorne S	14	Marjorie M	01	Diana S	02	Deanna B	03	Aldo G
18	Scott W	19	Kimberly D	20	Lorne S	21	Evie W	08	Ted W	09	Deanna B	10	Aldo G
25	Scott W	26	Kimberly D	27	Lorne S	28	Evie W	15	Ted W	16	Deanna B	17	Aldo G
Force 09:30 AM		CYCLE 09:15 AM		Force 09:30 AM		CYCLE 09:15 AM		22	Ted W	23	Deanna B	24	Aldo G
04	Marjorie M	05	Marisa B	06	Marjorie M	07	Leanne P	29	Ted W	30	Deanna B	31	Aldo G
11	Marjorie M	12	Marisa B	13	Marjorie M	14	Leanne P	Rush 09:30 AM		CYCLE 09:30 AM		Barre Work Out 10:20 AM	
18	Marjorie M	19	Marisa B	20	Marjorie M	21	Leanne P	01	Catt W	02	Marisa B	03	Aditi J
25	Marjorie M	26	Marisa B	27	Marjorie M	28	Ted W	08	Gita G	09	Marisa B	10	Aditi J
Zumba^ 10:40 AM		MetX & Core 09:30 AM		Zumba^ 10:40 AM		Zumba^ 09:30 AM		15	Catt W	16	Marisa B	17	Aditi J
04	Orleane T	05	Aldo G	06	Kim T	07	Alejandra K	22	Gita G	23	Marisa B	24	Aditi J
11	Frienty K	12	Jason G	13	Kim T	14	Sam G	29	Marjorie M	30	Marisa B	31	Aditi J
18	Orleane T	19	Jason G	20	Kim T	21	Sam G	Barre Work Out 10:40 AM		StepMix 09:40 AM		Zumba^ 11:20 AM	
25	Frienty K	26	Jason G	27	Nicole M	28	Sam G	01	Andrea F	02	Michele R	03	Nicole M
YOGA 12:10 PM		YOGA 10:30 AM		LIFT 12:10 PM		YOGA 10:30 AM		08	Andrea F	09	LaurieLee R	10	Pamela K
04	Marie O	05	Gita G	06	Bryan S	07	Judy R	15	Andrea F	16	LaurieLee R	17	Nicole M
11	Marie O	12	Gita G	13	Bryan S	14	Judy R	22	Andrea F	23	LaurieLee R	24	Nicole M
18	Marie O	19	Gita G	20	Bryan S	21	Judy R	29	Andrea F	30	LaurieLee R	31	Nicole M
25	Marie O	26	Gita G	27	Bryan S	28	Judy R	LIFT 6:00 PM		YOGA 10:45 AM		YOGA 12:30 PM	
LIFT 6:00 PM		CYCLE 6:00 PM		Zumba^ 6:00 PM		Kinstretch 6:00 PM		01	Aldo G	02	Mercedes S	03	Cristina C
04	Bryan S	05	Jenny E	06	Andrea F	07	Bryan S	08	Aldo G	09	LaurieLee R	10	Cristina C
11	Bryan S	12	Jenny E	13	Kim T	14	Bryan S	15	Aldo G	16	LaurieLee R	17	Cristina C
18	Bryan S	19	Jenny E	20	Kim T	21	Bryan S	22	Aldo G	23	LaurieLee R	24	Cristina C
25	Bryan S	26	Jenny E	27	Andrea F	28	Bryan S	29	Aldo G	30	LaurieLee R	31	Cristina C
Barre Work Out 7:00 PM		Fire 6:00 PM		Force 7:00 PM		Barre Work Out 7:00 PM				Zumba^ 11:50 AM			
04	LaurieLee R	05	LaurieLee R	06	Rachel D	07	Rachel D			02	Pamela K		
11	LaurieLee R	12	LaurieLee R	13	Rachel D	14	Rachel D			09	Pamela K		
18	LaurieLee R	19	LaurieLee R	20	Rachel D	21	Rachel D			16	Pamela K		
25	LaurieLee R	26	LaurieLee R	27	Rachel D	28	Rachel D			23	Pamela K		
YOGA 8:00 PM		YOGA 7:00 PM		YOGA 8:00 PM		YOGA 8:00 PM				30	Hiroe B		
04	Rob W	05	LaurieLee R	06	Mona S	07	Rachel D						
11	Rob W	12	LaurieLee R	13	Mona S	14	Rachel D						
18	Rob W	19	LaurieLee R	20	Mona S	21	Rachel D						
25	Rob W	26	LaurieLee R	27	Mona S	28	Rachel D						

◆ Information is subject to change

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