

# MARCH - 2019 -- NORTH HILL

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
CYCLE 08:45 AM		Fire 09:30 AM		CYCLE 09:15 AM		TKO 09:30 AM		CYCLE 09:15 AM		TKO 09:00 AM		Force 09:00 AM	
04	Marisa B	05	George S	06	Marisa B	07	Ron C	01	Lindsey W	02	Ron C	03	Patti H
11	Marisa B	12	Elisa C	13	Marisa B	14	Ron C	08	Lindsey W	09	Ron C	10	Patti H
18	Marisa B	19	Philomena V	20	Marisa B	21	Ron C	15	Lindsey W	16	Ron C	17	Patti H
25	Marisa B	26	Elisa C	27	Marisa B	28	Ron C	22	Lindsey W	23	Ron C	24	Patti H
Force 09:30 AM		ABSolution 30 4:00 PM		Zumba^ 09:30 AM		Master* Mobility 11:00 AM		Lindsey W		Ron C		Kelli H	
04	Patti H	05	Evie W	06	Jumana A	07	Anthony H	Zumba^ 09:30 AM		CYCLE 09:15 AM		Zumba^ 10:00 AM	
11	Francesca R	12	Rachel D	13	Jumana A	14	Anthony H	01	Kim T	02	Jose B	03	Noy W
18	Francesca R	19	Evie W	20	Jumana A	21	Anthony H	08	Kim T	09	Jose B	10	Noy W
25	Diana S	26	Evie W	27	Jumana A	28	Anthony H	15	Kim T	16	Jose B	17	Mariane* B
YOGA 4:30 PM		Force 4:30 PM		YOGA 4:30 PM		Force 4:30 PM		22	Kim T	23	Jose B	24	Jessica M
04	Rob W	05	Evie W	06	Catt W	07	Sara S	29	Nicole M	30	Jose B	31	Jessica M
11	Rob W	12	Evie W	13	Catt W	14	Sara S	CYCLE 4:45 PM		Master Mobility 30 10:05 AM		YOGA 11:15 AM	
18	Rob W	19	Evie W	20	Gary C	21	Sara S	01	Jose B	02	Ron C	03	Gita G
25	Rob W	26	Evie W	27	Gary C	28	Sara S	08	Jose B	09	Ron C	10	Gita G
CYCLE 4:45 PM		Zumba^ 5:30 PM		CYCLE 4:45 PM		Zumba^ 5:30 PM		15	Jose B	16	Ron C	17	Gita G
04	Lindsey W	05	Kim T	06	Lindsey W	07	Jumana A	22	Jose B	23	Ron C	24	Gita G
11	Lindsey W	12	Kim T	13	Lindsey W	14	Jumana A	29	Jose B	30	Ron C	31	Gita G
18	Lindsey W	19	Kim T	20	Lindsey W	21	Jumana A	Force 5:30 PM		Zumba^ 10:40 AM			
25	Lindsey W	26	Nicole M	27	Lindsey W	28	Jumana A	01	Jodie B	02	Noy W		
LIFT 5:30 PM		CYCLE 5:30 PM		Rush 5:30 PM		CYCLE 5:30 PM		08	Jodie B	09	Noy W		
04	Jeff E	05	Marie N	06	Lindsey W	07	Ted W	15	Jodie B	16	Noy W		
11	Jeff E	12	Marie N	13	Lindsey W	14	Ted W	22	Jodie B	23	Noy W		
18	Jeff E	19	Marie N	20	Lindsey W	21	Ted W	29	Jodie B	30	Noy W		
25	Jeff E	26	Marie N	27	Lindsey W	28	Ted W			YOGA 11:45 AM			
Zumba^ 6:30 PM		ABSolution 30 6:30 PM		Strong by Zumba 6:30 PM		ABSolution 30 6:30 PM				02	Terra F		
04	Michelle B	05	Jeff E	06	Hiroe B	07	Jumana A			09	Terra F		
11	Michelle B	12	Jeff E	13	Hiroe B	14	Jumana A			16	Terra F		
18	Michelle B	19	Jeff E	20	Hiroe B	21	Jumana A			23	Terra F		
25	Michelle B	26	Jeff E	27	Hiroe B	28	Jumana A			30	Terra F		
		YOGA 7:15 PM				YOGA 7:15 PM							
		05	Terra F			07	Rob W						
		12	Terra F			14	Rob W						
		19	Terra F			21	Rob W						
		26	Terra F			28	Rob W						

◆ information is subject to change

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