

Class Schedule – March 2020

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
5:30AM♦ Ride N Shine Lish	6:00 AM ♦ Circuit Training Kristen		6:00 AM ♦ Circuit Training Kristen	5:30AM Ride N Shine Karen		8:15 AM Amp'd Cycle Lish Sign Up
8:00 AM ♦ Zumba Gold Candy	9:30 AM Muscle Challenge Kristen	7:30 AM Fit 4 Life Candy		8:00 AM Forever Fit with Yoga Candy	8:00 AM Zumba Carrie	9:15AM Yoga Joanna
9:30 AM Pure Performance Derek/Angela	9:30 AM Amp'd Cycle Lish	9:00AM Surrender Yin Yoga Joanna(sr)	9:30 AM Cycle Express (40min) Lish	9:30 AM Pure Performance Derek/Angela	9:00 AM Edge Cycle Karen	
10:30AM Pilates Alison		9:30 AM Kick Box Conditioning Derek/Angela	10:15AM ♦ Body Pump Lish	9:30 AM Amp'd Cycle Lish	9:00 AM Step Challenge Sharon	
			10:30 AM Pilates Alison		10:00 AM Body Pump Rosemary	
4:30 PM Step Challenge Kathryn	5:30 PM Zumba Shannon		4:30 PM Barre Linda			
	5:30PM Edge Cycle Karen	5:30 PM Body Pump Rosemary	5:30 PM Strike Linda	Club Hours: Monday – Thursday: 5AM – 10:00 PM Friday: 5 AM – 8:30 PM Saturday: 7 AM – 6 PM Sunday: 8 AM – 6 PM Kids Club Hours: Monday – Thursday 9 AM – 12 PM & 4 - 8 PM Friday 9 AM – 12 PM & 4 - 7 PM Saturday: 9 AM – 12:00 PM Sunday: CLOSED		
5:30 PM Power Core Strength Kristen	6:30 PM Muscle Maxout Dee/Donna					
6:30 PM Zumba Julie			6:30 PM Total Sculpt Charlotte			
7:00 PM Root Fundamental Yoga Candy(sr)	6:30 PM Tai Chi Rob (sr)	6:30 PM Muscle Maxout Donna/Dee	6:30 PM Root Fundamental Yoga Candy(sr)	Weather Policy: If Montgomery County (MC) schools are delayed or closed, morning aerobics classes are cancelled, and Kids Club is delayed. Call club to check on evening classes. ♦ - 45 minute class (sr) – small room upstairs * - Sign Up Required, see front desk.		