

## MARCH CLASS SCHEDULE

Effective 03/01/2018

	Time	Class	Instructor	#
<b>Monday</b>				
	5:30am	Cardio Muscle Cond	Jennifer Gray	1
	8:15am	Abs and Arms	Lisa Butler	1
**Sign-In	9:15am	Spinning	Lisa Butler	2
	9:30am	High Octane Conditioning	Steve Fink	1
	10:30am	Zumba	Lois Costello	1
	12:00pm	Silver Sneakers Toning	Lois Costello	1
	5:30pm	Basic Training	Mike Minielly	1
**Sign-In	5:30pm	Spinning 45	Ally Cohen	2
	5:30pm	Boxing Bootcamp	Jennifer Gray	3
	6:30pm	Butts & Gutts	Don Frazier	1
<b>Tuesday</b>				
**Sign-In	6:00am	Spinning	Ally Cohen	2
	7:30am	Butts & Gutts	Don Frazier	1
	8:30am	Muscle Conditioning	Andrea Bernstein	1
**Sign-In	9:30am	Spinning	Steve Fink	2
	9:30am	Zumba	Julie Hirsch	1
	10:30am	Yoga	Taylor Beardsall	1
	5:30pm	Full Throttle 50 mins	Don Frazier	3
	6:00pm	Zumba beat	Mariya Priymak	1
	6:30pm	Boxing	Laura Boring	3
<b>Wednesday</b>				
	8:15am	Cardio and Weights	Lisa Butler	1
	9:00am	Boxing	Laura Boring	3
**Sign-In	9:15am	Spinning	Nichole Ferguson	2
	9:30am	Zumba/Zumba Toning	Lois Costello	1
	10:30am	Yoga Fusion	Nichole Ferguson	1
	5:30pm	TRX	Mike Minielly	3
	5:30pm	Club Zumba	Holly Glomski	1
**Sign-In	5:30pm	Spinning	Donna Perez	2
	6:30pm	Animal Flow	Omar Akl	3
	6:30pm	Butts & Gutts	Don Frazier	1
<b>Thursday</b>				
*Sign-in	6:00am	Spinning	Ally Cohen	2
	8:00am	Build That Body	Dena Raptis	1
	9:00am	Basic Training	Mike Minielly	1
	10:30am	Silver Sneakers Toning	Lois Costello	1
**Sign-In	10:00am	Spinning	Mike Minielly	2
	5:30pm	Spinning	Mike Minielly	2
**Sign-In	6:00pm	Boxing	Laura Boring	3
	6:00pm	Dancercise	Mariya Priymak	1
<b>Friday</b>				
	5:30am	Boxing Boot Camp	Jennifer Gray	3
*Sign-in	6:00am	Spinning	Ally Cohen	2
	7:30am	Butts & Gutts	Don Frazier	1
	8:00am	Target Training	Mike Ligotti	3
	8:45am	Club Zumba	Julie Hirsch	1
*Sign-in	9:00am	Spinning	Steve Fink	2
	10:00am	Barre & Body Sculpt	Andrea Bernstein	1
<b>Saturday</b>				
	8:00am	Basic Training	Mike Minielly	1
	8:30am	TRX Bootcamp	Dan Jett	3
**Sign-In	9:00am	Spinning 45	Mike Minielly	2
	9:30am	Boxing Boot Camp	Laura Boring	3
	9:30am	Zumba/Zumba Toning	Lois Costello	1
**Sign-In	10:00am	Spinning	Michael Piper	2
	11:00am	Yoga Stretch/Strengthen	Nichole Ferguson	1
<b>Sunday</b>				
**Sign-In	8:00am	Spinning	Mike Minielly	2
	8:30am	Core and More	Lisa Butler	3
	8:45am	Muscle Conditioning	Andrea Bernstein	1
**Sign-In	9:30am	Spinning	Lisa Butler	2
	10:00am	Zumba	Julie Hirsch	1
	10:00am	Cardio Kickboxing	Jennifer Gray	3
	11:15am	Slowburn Yoga	Karen Ji	1

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