



**march**  
wellness & fitness center

# Group Exercise Schedule

Purple = Advanced Classes Blue = Aqua Classes

**STUDIO LOCATIONS:**  
A: West end of fitness floor  
B: Balcony  
C: Next to march demo kitchen  
M: Mezzanine between 1st & 2nd floor

Start Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM		STRENGTH & CARDIO COMBO Studio A: Neylana		STRENGTH & CARDIO COMBO Studio A: Neylana		<b>CLASS NOTE:</b> Please be aware of specific class start times. <b>Classes start promptly</b> , and are <b>50-55 minutes</b> , unless otherwise posted.	
6:15 AM	MARCH AHEAD Studio A: Kriquette		MARCH AHEAD Studio A: Kriquette		MARCH AHEAD Studio A: Kriquette		
6:30 AM	CYCLING M: Becky AM FLOW YOGA Studio C: Todd		CYCLING M: Anne AM FLOW YOGA Studio C: Savonn		CYCLING M: Becky AM MAT PILATES Studio C: Greta		
7:30 AM	MARCH AHEAD Studio A: Becky	Tai Chi Studio A: James	MARCH AHEAD Studio A: Becky	Tai Chi Studio A: James	MARCH AHEAD Studio A: Becky	8:00AM CYCLING M: Laura	
9:00 AM	9-9:10 MARCH AHEAD II Warm Up Studio A: Alicia		9-9:10 MARCH AHEAD II Warm Up Studio A: Alicia		9-9:10 MARCH AHEAD II Warm Up Studio A: Alicia	BOOT CAMP Studio A: Andrea D.  9-10:30am HATHA FLOW YOGA Studio C: Laura  CYCLING M: Andrea I.	
	MARCH AHEAD AQUA Lap Pool: John	MARCH AHEAD STRENGTH & BALANCE Studio A: Becky	MARCH AHEAD AQUA Lap Pool: John	MARCH AHEAD STRENGTH & BALANCE Studio A: Becky	MARCH AHEAD AQUA Lap Pool: Neylana		
	MAT PILATES Studio C: Kim	HATHA YOGA Studio C: Mary Jo	MAT PILATES Studio C: Kim	HATHA YOGA Studio C: Mary Jo	MAT PILATES Studio C: Greta		
10:00 AM	9:45AM MARCH AHEAD II STRENGTH Studio A: Alicia	NIA Studio C: Kriszti	9:45AM MARCH AHEAD II STRENGTH Studio A: Alicia	NIA Studio A: Kriszti	9:45AM MARCH AHEAD II STRENGTH Studio A: Alicia	TAEKWON DO Studio A: John/Mandy  VINYASA YOGA Studio C: Kathleen	
	AI CHI Therapy Pool: Marcus	MARCH AHEAD AQUA ARTHRITIS Therapy Pool: Neylana	AI CHI Therapy Pool: Marcus	MARCH AHEAD AQUA ARTHRITIS Therapy Pool: Neylana			
	MARCH AHEAD Studio C/A: Becky		MARCH AHEAD Studio C/A: Becky	BEGINNING YOGA Studio C: Laura	MARCH AHEAD Studio C/A: Becky		
11:00 AM		MAT PILATES Studio C: Greta		MAT PILATES Studio C: Greta			
12:15 PM	BOOT CAMP Studio A: Alicia	STRENGTH & CONDITIONING Studio A: Brent	BOOT CAMP Studio A: Alicia	STRENGTH & CONDITIONING Studio A: Brent			
	CYCLING M: Ashley		CYCLING M: Ashley		CYCLING M: Alicia		
	VINYASA YOGA Studio C: Linda	YOGA Studio C: Kathleen	VINYASA YOGA Studio C: Linda	YOGA Studio C: Kathleen	VINYASA YOGA Studio C: Linda		
3:30 PM		Orientation: fitness floor					
4:30 PM	BEGINNER/INTERM. GENTLE YOGA Studio C: Julie	MAT PILATES Studio C: Deborah	BEGINNER/INTERM. GENTLE YOGA Studio C: Julie	MAT PILATES Studio C: Deborah			
5:25 PM	VINYASA YOGA Studio C: Laura W	POWER VINYASA Studio C: Louise	VINYASA YOGA Studio C: Laura W	POWER VINYASA Studio C: Louise	VINYASA YOGA Studio C: Laura W		
5:30 PM	BODY SCULPT Studio A: Ashley	CARDIO FUNK CONDITIONING Studio A: Lalanya	BODY SCULPT Studio A: Ashley	CARDIO FUNK CONDITIONING Studio A: Lalanya		<b>PILATES REFORMER</b> Sessions are available Monday-Friday. Call 503.418.8060 for more information.  <b>SWIM TRAINING:</b> Wednesday nights 6-7pm. Register at the front desk.	
	AQUA INTERVAL Therapy Pool: Marilyn	AQUA FIT Therapy Pool: Marsha	AQUA INTERVAL Therapy Pool: Marilyn	AQUA FIT Therapy Pool: Neylana			
	CYCLING M: Laura	CYCLING M: John	CYCLING M: Laura	CYCLING M: Anne			
6:30 PM	MARCH AHEAD Fitness Floor: Ashley	6:30-6:45pm AB LAB Studio A: Lalanya	MARCH AHEAD Fitness Floor: Ashley	6:30-6:45pm AB LAB Studio A: Lalanya		<b>ADVANCED TAEKWON DO:</b> Class held on Mondays @ 6pm in the SON Studio on the hill, rm134. *Note: You must attend a TU/TR classes to enroll.	
	6:30-8pm HATHA FLOW YOGA Studio C: Laura	TAEKWON DO Studio C: John / Mandy	6:30-8pm HATHA FLOW YOGA Studio C: Laura	TAEKWON DO Studio C: John / Mandy			
7:00 PM		INTERVAL STRENGTH Studio A: Eric		INTERVAL STRENGTH Studio A: Eric			
7:30 PM	BOOT CAMP Studio A: Ali		BOOT CAMP Studio A: Ali				