

Group Exercise Schedule

| Class Format/Title: | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------------------|------------------------------------|-----------------|------------------------------------|-----------------|-------------------------|-----------|--------|
| AQUA: | | | | | | | |
| Ai Chi | 10a | | 10am | | | | |
| Aqua Fit | | 5:30pm | | 5:30pm | | | |
| Aqua Interval | 5:30pm | | 5:30pm | | | | |
| March Ahead Aqua | 9am | | 9am | | 9am | | |
| March Ahead Aqua Arthritis | | 10am | | 10am | | | |
| CARDIO | | | | | | | |
| Cardio Funk Conditioning | | 5:30pm | | 5:30pm | | | |
| Cycling | 6:30am, 12:15pm, 5:30pm | 5:30pm | 6:30am, 12:15pm, 5:30pm | 5:30pm | 6:30am, 12:15pm | 8am | 9am |
| MARCH AHEAD | | | | | | | |
| March Ahead | 6:15am, 7:30am, 10am, 6:30pm | | 6:15am, 7:30am, 10am, 6:30pm | | 6:15am, 7:30am, 10am | | |
| March Ahead Advanced | (9am) 9:45am | | (9am) 9:45am | | (9am) 9:45am | | |
| March Ahead Aqua | 9am | | 9am | | 9am | | |
| March Ahead Aqua Arthritis | | 10am | | 10am | | | |
| March Ahead Strength & Balance | | 9am | | 9am | | | |
| MIND-BODY/MARTIAL ARTS | | | | | | | |
| Nia | | 10am | | 10am | | | |
| Tae Kwon Do | 6pm offsite | 6:30pm | | 6:30pm | | 10am | |
| Tai Chi | | 7:30am | | 7:30am | | | |
| MIXED FORMAT/STRENGTH | | | | | | | |
| Ab Lab | | 6:30-6:45pm | | 6:30-6:45pm | | | |
| Body Sculpt | 5:30pm | | 5:30pm | | | | |
| Boot Camp | 12:15pm, 7:30pm | | 12:15pm, 7:30pm | | | 9am | |
| Interval Strength | | 7pm | | 7pm | | | |
| March Ahead Strength & Balance | | 9am | | 9am | | | |
| Strength & Cardio Combo | | 6am | | 6am | | | |
| Strength and Conditioning | | 12:15pm | | 12:15pm | | | |
| PILATES | | | | | | | |
| Am Mat Pilates | | 6:30am | | 6:30am | | | |
| Mat Pilates | 9am | 11am, 4:30pm | 9am | 11am, 4:30pm | 9am | | |
| YOGA | | | | | | | |
| Am Flow Yoga | 6:30am | | 6:30am | | | | |
| Beginning Yoga | | | | 10am | | | |
| Gentle Yoga | 4:30pm | | 4:30pm | | | | |
| Hatha Flow Yoga | 6:30-8pm | | 6:30-8pm | | | 9-10:30am | |
| Hatha Yoga | | 9am | | 9am | | | |
| Power Vinyasa | | 5:25pm | | 5:25pm | | | |
| Vinyasa Yoga | 12:15pm, 5:25pm | | 12:15pm, 5:25pm | | 12:15pm, 5:25pm | | 10am |
| Yoga | | 12:15pm | | 12:15pm | | | |