

March 2023

# GROUP EXERCISE

THREE SPRINGS ROAD

# MIX IT UP!

CLASSES ARE A GREAT WAY TO BREAK THE ROUTINE AND STAY ACTIVE!

	SUN	MON	TUES	WED	THU	FRI	SAT
5:15 - 6:15AM		<b>Total Tabata</b> -Carrie  <b>Spin</b> -Regina 3/6 -Allison 3/13 -Beth 3/20 -Regina 3/27	<b>Spin</b> -Beth  <b>Power Up</b> - Tina 3/7 - Regina 3/14 - Tina 3/21 - Allison 3/28	<b>Spin</b> -Regina  <b>Total Body</b> -Carrie	<b>Spin</b> -Allison  <b>Step</b> -Carrie	<b>- Bootcamp</b> -Carrie	
8:30 - 9:30AM		<b>Power Up</b>  -Tina	<b>-Spin</b> -Chandler  <b>Zumba</b> -Ana	<b>Bootcamp</b>  -Tina	<b>Spin</b>  -Chandler	<b>F.I.T</b>  Ana	<b>Spin</b> -Chandler  <b>Saturday Sweat</b> -Ana 3/4 Zumba -Regina 3/11 RIPPED Allison 3/18 Power Up Carrie 3/25 Bootcamp
9:30 - 10:30AM		<b>Spin</b> -Tina  <b>Stretch "N" Flex</b> -Chandler	<b>Pilates</b> -Chandler	<b>Spin</b> -Tina  <b>Stretch "N" Flex</b> -Heather		<b>Spin</b> -Beth  * Yoga Stretch -Chandler	
5:30 - 6:30PM		<b>Zumba</b>  -Ana	<b>Cardio Mashup</b> -Regina 3/7-R.I.P.P.E.D. -Peggy 3/14 Kickboxing -Carrie 3/21 Bootcamp -Peggy 3/28 Tabata	<b>Power Up</b>  -Peggy	<b>Explosive Fitness</b>  -Danny	<b>Zumba</b>  -Reina	

