

# MARCH Class Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
m o r n i n g	<b>Ortho-Kinetics</b> Must sign-up at Member Experience 6-7am  <b>RIDE 60</b> 6-7am Arnel  <b>Trekking</b> 8:15-8:55am Linda (Gillian 12th)  <b>Cardio Core Fusion</b> 9-10am Darla	<b>TBC</b> 6-7am Gillian  <b>Yoga</b> 6-7am Youka  <b>HYPE!</b> 9-10am Anthony (AD)  <b>Pilates SCULPT</b> 10:15-11:10am Louise	<b>RIDE 60</b> 6-7am Geoff (Wendy 14th)  <b>LIFT</b> 6-7am Marianna  <b>Pilates SCULPT</b> 8-8:55am Louise (Group Fitness Studio)  <b>Ortho-Kinetics</b> Must sign-up at Member Experience 8-9am  <b>Step</b> 9-9:35am Louise  <b>LIFT</b> 9:35-10:15am Louise	20/20/20 6-7am Micaela (1st & 8th) Kim (15th, 22nd, & 29th)  <b>Yoga</b> 6-7am Nicole  <b>TKO Pilates</b> (Group Fitness Studio) 9am Louise	<b>Ortho-Kinetics</b> Must sign-up at Member Experience 6-7am  <b>RIDE60</b> 6-7am Marianna  <b>LIFT</b> 9:15-10:15am Amy	<b>RIDE 60</b> 9-10am Wendy (Mary Ellen 3rd)  <b>Int./Adv. Power Yoga</b> 9-10:15am Susie (3rd, 17th, 31st) Youka (10th & 24th)  <b>TBC+</b> 10:15-11:15am Deena  <b>Beg./Int. Yoga</b> 10:30-11:30am Susie (3rd, 17th, 31st) Youka (10th & 24th)	<b>RIDE 60</b> 9:15-10:15am Maggie	
	l u n c h	<b>Prana Flow Yoga®</b> 12-1pm Adri Ramona (5th & 19th)  <b>RIDE</b> 12-12:45pm Kurt  <b>Ortho-Kinetics</b> Must sign-up at Member Experience 12-1pm	<b>TELOS Tabata</b> 12-12:50pm Deena (Amy 20th)  <b>Yoga</b> 12-1pm Deborah	<b>RIDE</b> 12-12:45pm Kim  <b>HYPE!</b> 12-1pm Anthony (AD)  <b>Bootcamp Yoga</b> 12-1pm Youka	<b>Amp'd Up Circuit</b> 12-1pm Darla  <b>Yoga</b> 12-1pm Tatiana (Deborah 1st & 8th)	<b>Yoga</b> 12-1pm Ramona  <b>Ortho-Kinetics</b> Must sign-up at Member Experience 12-1pm	<b>EVERY SATURDAY</b> Starting March 3rd <b>Outdoor Bootcamp</b> 11am-12pm with Anthony Dorsett Jr. <b>Members: FREE</b> Non-Members: \$20 Report for duty at the service desk.	
		e v e n i n g	<b>Power Yoga</b> 6-7:15pm Ashley  <b>RIDE</b> 6-6:45pm Marianna  <b>Matrix</b> 6-7pm Anthony (Micaela 5th)	<b>TBC</b> 6-7pm Kim (Mary Ellen 13th)	<b>RIDE</b> 6-6:45pm Kim  <b>Sports Nut</b> 6-7pm Deena (Amy 21st)  <b>Yoga</b> 6:15-7:30pm Meagan (Leslie 7th)	<b>GREY = FREE</b> for all memberships <b>RED = Ortho-Kinetics Small Group Training (\$25)</b> <b>ORANGE = \$5-Members / \$25-Non-Members</b> Performance Memberships: <b>FREE!</b> Fusion 55 Pass: <b>FREE!</b>  <b>Note:</b> Receipts are required for ALL Mind/Body classes. *Instructors are subject to change without notice. *Please see class descriptions on back for more information*	<b>Class Updates</b> <b>NEW Format Thursdays at noon!</b> <b>Amp'd Up Circuit</b> with Darla <b>Matrix</b> with Anthony Monday 6-7pm See <b>NEW FUSION 55</b> schedule for all vbarre & Pilates classes! <b>Come see what all the HYPE is about!</b> Join Anthony Dorsett, Jr. EVERY Tuesday at 9am and Wednesday at noon for his HYPE class. <b>COMING SOON!</b> Outdoor Bootcamp! March 3rd!	