



# GROUP FITNESS

## MARCH

### 1st - 31st

## CLASS DESCRIPTION

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**BODYPUMP**

GAIN STRENGTH & TONE MUSCLE USING A BARBELL

**BODYBALANCE**

LOW INTENSITY WORKOUT A MIX OF PILATES, YOGA, & TAI-CHI

**BODYATTACK**

CARDIO WORKOUT TO BUILD STAMINA & STRENGTH

**BODYCOMBAT**

STRIKE, PUNCH, & KICK YOUR WAY THROUGH CALORIES

**RPM**

RIDE TO THE RHYTHM OF POWERFUL MUSIC - INDOOR CYCLING

**LES MILLS CORE**

CORE WORK WITH PLATES & BANDS WITH STRETCHING

**BURN & FIRM**

MIXED CARDIO INCORPORATING STEP AND HIIT

**LIIFT**

INCREASE STRENGTH THROUGH FUNCTIONAL TRAINING USING HIIT, BOOT CAMP & CIRCUIT FORMATS

5:30 AM

**BURN & FIRM**  
Mia

**BODYPUMP**  
Marissa G

**RPM**  
Mia

**BODYPUMP**  
Marissa G

**LES MILLS CORE**  
Mia

8:00 AM

**RPM**  
Agatha

9:00 AM

**BODYPUMP**  
Amy

**BODYCOMBAT**  
Amy

**BODYPUMP**  
Amy

**BODYATTACK**  
Amy

**RPM**  
Ginna

**BODYPUMP**  
Marissa G

10:10 AM

**RPM**  
Ginna

**RPM**  
Ginna

10:15 AM

**BODY BALANCE**  
Rogelio

12:10 PM

**BODYPUMP**  
Mia

**BODY BALANCE**  
Rogelio

**BODYPUMP**  
Mia

**\*\*FLEXKIDS\*\***

5:45 PM

**BODYPUMP**  
Marissa L

**BODYPUMP**  
Marissa L

MONDAY - FRIDAY  
8AM - 1PM to 4PM - 8PM

6:00 PM

**RPM**  
Rogelio

**BODY BALANCE**  
Rogelio

**RPM**  
Agatha

**RPM**  
Agatha

SATURDAY  
8AM - 1PM

SUNDAY  
CLOSED

6:30 PM

**LIIFT**  
Alicia

**LIIFT**  
Alicia



*Happy St. Patrick's Day*