

MARCH 2025



**** schedule/class formats subject to change based on demand**

	Mon 03/03	Tue 03/04	Wed 03/05	Thu 03/06	Fri 03/07
AM	5:15AM - 6:00AM Full Body Mix (T) 9:00AM - 10:00AM Fit For Life (J) Machines	5:15AM - 6:00AM Upper Body Focus (T)	5:15AM - 6:00AM Tabata - Free Weights (T) 9:00AM - 10:00AM Fit For Life (J)	5:15AM - 6:00AM Lower Body Focus (T)	5:15AM - 6:00AM Core & Cardio Express (T) 9:00AM - 10:00AM Fit For Life (J)
PM	5:00PM - 5:45PM Strength Mix (J)	5:15PM - 6:00PM Kickboxing (J)	11:00AM - 12:00PM Midweek Machines	6:15PM - 6:45PM HIIT (J)	
	Mon 03/10	Tue 03/11	Wed 03/12	Thu 03/13	Fri 03/14
AM	5:15AM - 6:00AM Full Body Mix (T) 9:00AM - 10:00AM Fit For Life (J) Machines	5:15AM - 6:00AM Upper Body Focus (T)	5:15AM - 6:00AM Tabata - Free Weights (T) 9:00AM - 10:00AM Fit For Life (J)	5:15AM - 6:00AM Lower Body Focus (T) 9:00AM - 10:00AM Fit For Life (J)	5:15AM - 6:00AM Core & Cardio Express (T)
PM	5:00PM - 5:45PM Strength Mix (J)	5:15PM - 6:00PM Kickboxing (J)	11:00AM - 12:00PM Midweek Machines	6:15PM - 6:45PM HIIT (J)	SATURDAY STRENGTH CLASS! >>> 9:00AM
	Mon 03/17	Tue 03/18	Fit For Life (J)	Thu 03/20	Fri 03/21
AM	<i>Spring Break - NO 5:15AM Classes</i>		9:00AM - 10:00AM Fit For Life (J)		9:00AM - 10:00AM Fit For Life (J)
PM	5:00PM - 5:45PM Strength Mix (J)	5:15PM - 6:00PM Kickboxing (J)	11:00AM - 12:00PM Midweek Machines	6:15PM - 6:45PM HIIT (J)	
	Mon 03/24	Tue 03/25	Wed 03/26	Thu 03/27	Fri 03/28
AM	5:15AM - 6:00AM Full Body Mix (T) 9:00AM - 10:00AM Fit For Life (J) Machines	5:15AM - 6:00AM Upper Body Focus (T)	5:15AM - 6:00AM Tabata - Free Weights (T) 9:00AM - 10:00AM Fit For Life (J)	5:15AM - 6:00AM Lower Body Focus (T)	5:15AM - 6:00AM Core & Cardio Express (T) 9:00AM - 10:00AM Fit For Life (J)
PM	5:00PM - 5:45PM Strength Mix (J)	5:15PM - 6:00PM Kickboxing (J)	11:00AM - 12:00PM Midweek Machines	6:15PM - 6:45PM HIIT (J)	SATURDAY STRENGTH CLASS! >>> 9:00AM

(J) Jolyne (T) Tami

Classes are drop-in welcome! Participants in J's classes should download Spond for up to date info!