**March/April 2021 Group training monthly. New virtual Biggest Loser & Fast track Fitness**

SATURDAY

8:00-9:00 am

 **Spinning & Sculpt**

Haylee/Stacy/Molly

SUNDAY

5:30-6:30 pm

 Yoga

Haylee

FRIDAY

5:30-6:15 am

**Spinning & Abs**

Steph

8:00-8:45 am

**Spinning & Sculpt**

Molly

**Running Program starts March 6th! Sign up required**

**Bikinin Bootcamp starts May 3rd! Details to come.**

WEDNESDAY

5:30-6:15 am

**Spinning & Sculpt**

Steve

8:00-8:45 am

**3-2-1**

Molly

**Group Personal training on Tuesdays, Wednesdays & Fridays 6-6:45 am**

**And**

**Tuesday, Wednesday & Thursdays 5:30 pm**

4:30-5:15 pm

**Butts & Gutt’s**

Steph

###### THURSDAY

5:30-6:15 am

 **Yoga**

Haylee

8:00-8:45 am

**Barre**

Jeanne

10:00-11:00 am

**Silver Sneakers**

Ruth

**NO YOGA**

**MARCH 11th!**

4:30-5:15 pm

**Spinning**

Stacy

###### TUESDAY

5:30-6:15 am

**Cardio Barre**

Stephanie

8:00-9:00 am

 **Yoga**

Haylee

10:00-11:00 am

**Silver Sneakers**

Ruth

5:00-5:45 pm

**Spinning**

Molly

###### MONDAY

5:30-6:15 am

 **Boot camp**

Lora

8:00-8:45 am

**Per4mance**

Molly

**Group Personal Training monthly**

**Tuesdays, Wednesday’s, Friday’s 6:00-6:45 am**

**sign up required.**

**(VIRTUAL OPTION AVAILABLE)**

4:30-5:15 pm

**F.I.T**

Steph

5:15-6:15 pm

 **Yoga**

Molly