




























STRENGTH-CARDIO CLASSES • MARCH SCHEDULE

Aerobic Studio

	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
MORNING	 5:30-6:30 MC	 5:30-6:30 HK		 5:30-6:30 JC/MC	 5:30-6:30 JC		
		Zumba 8:30-9:30 MC	Cardio Core 8:30-9:30 JK/CM	Step and Sculpt 8:30-9:30 JK	Cardio-Mix 8:30-9:30 JK	 8:30-9:30 6TM, 13MK, 20JC, 27JC	 8:30-9:30 7JG, 14TM, 21HK, 28TM
	 9:35-10:35 JK	Total Body Sculpt 9:35-10:35 SP	 9:35-10:35 JK	Zumba 9:35-10:35 MC	 9:35-10:35 SP	 9:35-10:35 6JC, 13MK, 20JC, 27JC	Step/Zumba 9:35-10:35 7D?, 14JK 21ST, 28D?
MIDDAY	Boomers & Beyond Strength 10:45-11:45 HP	 Muscular Strength 10:45-11:45 2SP, 9RH, 16SP, 23RH	Boomers & Beyond Strength 10:45-11:45 HP	 Muscular Strength 10:45-11:45 HP	Boomers & Beyond Strength 10:45-11:45 SP	 10:35-11:35 6 No Class, 13HS 20HS, 27KO	
	 Noon-1 SaP	 Noon-1 BK	 Noon-1 SaP	 Noon-1 MW	 Noon-1 SaP		 3-4 SP
	 4:40-5:40 SP	 4:40-5:40 JC	 4:40-5:40 SP	 4:40-5:40 TM			Total Body Sculpt 4:40-5:40 SP
EVENING	Cardio-Interval 5:45-6:45 ST	Pain in the Butt & Abs 5:45-6:45 SP	 5:45-6:45 SP	 6:15-7:15 SP			
	Zumba* 6:30-7:30 MK	 6:50-7:50 VJ	 6:50-7:50 JC				

Instructor Key: AB=Angela Boeke, BK=Becky Klutts, CM=Chris McCusker, D?=Deborah?, DC=Donna Chandler, DF=Dustin Feldman, HS=Hilary Snyder, HK=Holly Kriener, HP=Holly Pardekoooper, JC=Jason Clark, JG= Justin Glasgow, JK=Jay Kambhu, KO=?, MC=Michelle Clark, MD=Megan Dusing, MK=Maura Kenworthy, MR=Melissa Robinson, MW=Megan Wilson, RH=Rosanne Hopson, SM=Samantha Myers, SaP=Sarah Post, SP=Shannon Price, ST=Sara Tack, TM=Traci Meineke, VJ=Valerie Johnson

Notify the instructor if you are attending for the first time and/or have health concerns.

Instructors, class times, and locations are subject to change.

***Monday evening Zumba class is held upstairs in the Wellness Studio.**