



# March 2026

# Group Exercise Classes

|                                   | MONDAY                                  | TUESDAY                                 | WEDNESDAY                                  | THURSDAY                                | FRIDAY                                    | SATURDAY  | SUNDAY   |
|-----------------------------------|---|---|--|---|---|---|--|
|                                   |   | 5:15-6:15am Tracey                      | Run/Walk Conditioning 6am-6:50am Jorie     | 5:15-6:15am Tracey                      | Run/Walk Conditioning 6am-6:50am Jorie    | Pilates 8:00am-8:50am Karin   |  |
|                                   | Cycle + Abs 6:00am-7:00am Jennifer      | Interval Training 6:30am-7:20am Lauren  | Cycle 6:15am-7:15am Deb                    | Interval Training 6:30am-7:20am Tracey  | Cycle 6:15am-7:15am Danielle              | Cycle 8:15am-9:15am Jennifer/Hilary                                 | <p><b>THERE WILL BE NO GROUP FITNESS CLASSES ON SATURDAY, MARCH 7TH DUE TO THE ANNUAL SPRING BLING ARTS AND CRAFTS SHOW FOAM ROLLER RETURNS SUNDAY, MARCH 22ND AT 12PM- FREE!!</b></p> |
|                                   | Forever Fit 7:30-8:45am Nancy           |   | Forever Fit 7:30-8:45am Danielle           |   | Forever Fit 7:30-8:45am Nancy             | 9:30am-10:20am Sarah, Dawn, Tracey                                  |  |
|                                   | Barre 8:00am -8:50am Danielle           | Hatha Yoga 8:00am -8:50am Colleen D.    | Pilates 8:00am -8:50am Karin               | Hatha Yoga 8:00am -8:50am Colleen D.    | SOULBODY RESTORE 8-8:45am Tracey          | Zumba@ 10:30-11:20am Lisa   |  |
|                                   | HIIT 9:00-10:00am Alex                  | Strength and Stretch 9:00am-10:00am Amy | Kickboxing 9:00-10:00am Scotti             | Strength and Stretch 9:00am-10:00am Amy | HIIT 9:00-10:00am Alex                    | 11:30am-12:30pm Kat   |  |
|                                   | 10:15am-11:15am Dawn                    | Zumba@ 10:15am-11:15am Maggie           | 10:15am-11:15am Dawn                       | Zumba@ 10:15am-11:15am Lisa             | Strength and Stretch 10:15am-11:15am Dawn |   |  |
| Cycle 12pm-12:50pm Tara, Deb      | Barre Strength 11:00am-12:00pm Alex/Amy | Pilates Level II 11:00am-12:00pm Karin  | Barre Strength 11:00am-12:00pm Alex        | Vinyasa Flow 11:00am-12:00pm Lauren     |   | 8am-9am Rachel  |  |
| Slow Flow 1:00-2:00pm Jess        | SOULBODY RESTORE 12pm-12:45pm Tracey    | Cycle 12pm-12:50pm Kaitlyn              | Strength Training 12:00pm-12:50pm Dawn/Amy | Cycle 12pm-12:50pm Jenn, Rachel         |   | Vinyasa Flow Yoga 9:30-10:45am Peggy                                |  |
|                                   | Yin Yoga 1:00pm-2:00pm Jami             | Core and Restore 1:00pm-1:45pm Alex     | Yin Yoga 1:00pm-2:00pm Jami                |   |   | Triple Threat 11:00am-11:50am Peggy                                 |  |
|                                   | 4:30-5:30pm Lauren                      | Tabata 5:00pm-5:45pm Kat                | 4:30-5:30pm Rachel                         | Tabata 5:00pm-5:45pm Cara               | Bootcamp 4:30pm-5:20pm Holly              | <p><b>CLASSES SHADED IN GRAY MEET IN THE MULTI-PURPOSE ROOM</b></p> |  |
| Pilates 5:00-5:50pm Karin         | Yoga Sculpt 6:00pm-6:50pm Holly         | 6:00pm-6:50pm Mary                      | Yoga Sculpt 6:00pm-6:50pm Holly            | Yoga Stretch 5:30pm-6:30pm Colleen      |   |   |  |
| 6:00pm-6:50pm Lisa                | Cycle 7:00-7:50pm Hilary                | Zumba@ 7:00-7:50pm Angie                | Cycle 7:00-7:50pm Jennifer                 |   |   |   |  |
| Zumba@ 7:00-7:50pm Angie          |   |   |  |   |   |   |  |
| Hatha Yoga 7:00-7:50pm Colleen D. |   |   |  |   |   |   |  |

Indicates a \$9 drop in fee for this class (annual passholders attend free)

\* Please note, the times, formats, and instructors listed are subject to change on a monthly basis.