

Group Fitness Schedule

Arcadia Branch

Spring I
Feb 27-April 23

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					Power Yoga Maria 8:15-9:15	
Step Intervals Kim 8:45-9:45	Pilates Karen 8:45-9:45	Fitness Medley Karen 8:45-9:45	PIYO Karen 8:45-9:45	Cardio Combo Kim 8:45-9:45	Zumba™ Jessica 9:30-10:30	
In the Middle Anna Lisa 10:00-10:45		Power Yoga Maria 10:00-11:00	In The Middle Karen 10:00-10:45			
PACE Anna Lisa 11:00-11:45			PACE Karen 11:00-11:45	Yoga Kids Maria 4:30-5:30		
Zumba™ Laura 4:45-5:45	Body Sculpt Jen 5:30-6:30	Zumba™ Gwynne 5:00-6:00		Power Yoga Maria 5:30-6:30		
BURN Kristin 6:00-7:00		Stronger Kristin 6:15-7:15	Zumba™ Laura 5:45-6:45			
Power Yoga Maria 7:15-8:15	Yoga Flow Janice 7:00-8:30		Yoga Flow Janice 7:00-8:30			

Classes subject to change.
Inform instructor of injuries or limitations.
Call 539-2306 for all inquiries
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