

# MARCH SPIN SCHEDULE

|         | M        | T  | W        | Th  | F     | Sat                                      |
|---------|----------|--|----------|---|-------|--|
| 5:00 AM | Rogerick |  | Rogerick |   | David | <b>8:15 AM</b><br>Instructor<br>Rotation |
| 8:45 AM | Angie    |  | Kaitlyn  |   | Angie |  |
| 12:00   |          | <b>HIIT Spin 30</b><br>Amy<br><b>*child watch open</b> |          | <b>HIIT Spin 30</b><br>Cammie<br><b>*child watch open</b> |       |  |
| 4:30 PM | Owenne   |  |          |   |       |  |
| 5:30 PM | Owenne   | Owenne   | Amy      | Owenne  |       |  |

# MARCH AQUA SCHEDULE

|          | M                                    | T                            | W                    | Th                                   | F                           | Sat  | Sun   |
|----------|--------------------------------------|------------------------------|----------------------|--------------------------------------|-----------------------------|--|---|
| 6:00 AM  | Aqua Fit<br>Jennifer                 |                              |                      |                                      |                             | <b>9:30 AM</b><br>Aqua Fit<br>Instructor<br>Rotation | <b>2:00 PM</b><br>Deep Water<br>Running<br>Jennifer |
| 8:15 AM  |                                      | Deep Water<br>Running<br>Rob |                      | Deep<br>Water<br>Running<br>Rob      |                             |  |   |
| 8:30 AM  | Deep<br>Water<br>Amy                 |                              |                      |                                      |                             |  |   |
| 9:15 AM  |                                      | Deep Water<br>Running<br>Rob |                      | Deep<br>Water<br>Running<br>Rob      |                             |  |   |
| 9:30 AM  | Aqua Fit<br>Amy                      |                              | Aqua<br>Fit<br>Julia |                                      | Deep<br>Water<br>Amy        |  |   |
| 10:30 AM | Aqua<br>Sculpt<br>Julia              | Aqua Fit<br>Julia            | Aqua<br>Fit<br>Julia |                                      | Arthritic<br>Water<br>Julia |  |   |
| 5:15     |                                      | Aqua Yoga<br>Jennifer        |                      |                                      |                             |  |   |
| 5:45 pm  | Deep<br>water<br>Running<br>Jennifer |                              |                      | Deep<br>water<br>Running<br>Jennifer |                             |  |   |

