




# MARCH 2021

## WEEKEND SCHEDULE

Location	Saturday	6	13	20	27
Group Room	8:30-9:15 	Heather	Melissa	Kim	Nancy
Spin Room	8:30-9:15 <b>SPIN</b>	Rogerick	Lee	Melissa	Owenne
Group Room	9:30-10:00 	Kaitlyn	Lee	Pam	Nancy
Pool	9:30-10:15 <i>AQUA Rotation</i>	<i>Aqua Fit</i> Donna A.	<i>DWR</i> Amy	<i>Aqua Fit</i> Julia	<i>Aqua Fit</i> Donna A.
Group Room	10:10-11:10 <b>STEP</b>	Deborah	Deborah	Deborah	Deborah
Turf	10:30-11:15 <b>TURF YOGA</b>	Jennifer	Jennifer	Jennifer	Jennifer
Group Room	11:15-12:00 <i>Sr Cardio Dance</i>	Teresa	Teresa	Teresa	Teresa
	<b>Sunday</b>	<b>7</b>	<b>14</b>	<b>21</b>	<b>28</b>
Group Room	1:30-2:15 <b>STEP</b>	Mechelle	Mechelle	Mechelle	Mechelle
Lap Pool	2:00-2:45 Deep Water	Jennifer	Jennifer	Jennifer	Jennifer
Group Room	2:30-3:15 	Pam	Heather	Heather	Heather
Group Room	3:30-4:15 <i>Power Yoga</i>	Jennifer	Jennifer	Jennifer	Jennifer