



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MARCH AEROBICS SCHEDULE

## MONDAY

Group X #1			Group X #2		
5:30-6:30	Y-FIT	Andy	11:00-12:00	STRETCH	
9:00-9:45	BODY SCULPT	Nicki			
4:30-5:15	BOUNCE	Dyanna			
			5:30-6:15	BALLET FIT	Dyanna

## TUESDAY

5:30-6:30	Y-FIT	Andy			
			9:00-9:45	SLOWROBICS & STRETCH	Terrie
			10:00-10:45	YOGA MOTION	Terrie
			11:00-11:45	GENTLE FLOW YOGA	Terrie
5:30-6:15	POUND	Kat	5:30-6:15	BALLET BABY CLASS (2-4)	Dyanna
			6:30-7:15	BALLET JUNIOR	Dyanna

## WEDNESDAY

9:00-9:45	CARDIO/TONING	Nicki			
			10:00-10:45	BALLET FIT	Dyanna
11:00-11:45	BOUNCE	Dyanna			
			11:00-12:00	STRETCH	

## THURSDAY

5:30-6:30	Y-FIT	Andy			
9:00-9:45	GROUP CIRCUIT	Nicki	9:00-9:45	SLOWROBICS & STRETCH	Terrie
10:00-10:45	LOW IMPACT	Terrie			
			11:00-11:45	GENTLE FLOW YOGA	Terrie
4:30-5:15	BOUNCE	Dyanna	5:30-6:15	POUND	Kat
6:30-7:15	STENGTH & CARDIO	Amy	6:30-7:15	BALLET SENIOR	Dyanna

## FRIDAY

9:15-10:00	BOUNCE	Dyanna	10:15-11:00	BALLET FIT	Dyanna
			11:15-12:00	STRETCH & STRENGTH	Dyanna

**\*We do not supply Yoga Mats\***

**Make sure you are apart of the Remind App that will update you on class schedule changes**