



March 2025

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|---|-----------------------|--|
| | | | | | 7:00a H.I.R.T. 7:30a Waisted 8:15a POUND w/ Kayla |
| | | | | | 1 |
| 3 | 4 | 5 | 6 | 7 | 8 |
| 5:00a H.I.R.T. 8:15a Yoga 4:30p DanceFit 5:30p AMPD Fusion | 8:15a Circuit Training 9:30a Silver Sneakers 5:30p AMPD Fusion | 5:00a H.I.I.T. 8:15a Muscle Works 5:15p Yoga | 5:15a Cycling 8:15a DanceFit 9:30a Silver Sneakers 5:30p Tabata | 8:15a Yoga | 7:00a H.I.R.T. 7:30a Waisted 8:15a POUND w/ Kayla |
| 10 | 11 | 12 | 13 | 14 | 15 |
| 5:00a H.I.R.T. 8:15a Yoga 4:30p DanceFit 5:30p POUND | 8:15a Circuit Training 9:30a Silver Sneakers 5:30p AMPD Fusion | 5:00a H.I.I.T. 8:15a Muscle Works 5:15p Yoga | 5:15a Cycling 8:15a DanceFit 9:30a Silver Sneakers 5:30p Tabata | 8:15a Yoga | 7:00a H.I.R.T. 7:30a Waisted 8:15a Tabata w/ Heather E |
| 17 | 18 | 19 | 20 | 21 | 22 |
| 5:00a H.I.R.T. 8:15a Yoga 4:30p DanceFit 5:30p POUND | 8:15a Circuit Training 9:30a Silver Sneakers 5:30p AMPD Fusion | 5:00a H.I.I.T. 8:15a Muscle Works 5:15p Yoga | 5:15a Cycling 8:15a DanceFit 9:30a Silver Sneakers 5:30p Strong Nation | 8:15a Yoga | 7:00a H.I.R.T. 7:30a Waisted 8:15a POUND w/ Erin |
| 24 | 25 | 26 | 27 | 28 | 29 |
| 5:00a H.I.R.T. 8:15a Yoga 4:30p DanceFit 5:30p POUND | 8:15a Circuit Training 9:30a Silver Sneakers 5:30p AMPD Fusion | 5:00a H.I.I.T. 8:15a Muscle Works 5:15p Yoga w/ Tiffany | 5:15a Cycling 8:15a DanceFit 9:30a Silver Sneakers 5:30p Strong Nation | 8:15a Yoga w/ Michele | 7:00a H.I.R.T. 7:30a Waisted 8:15a POUND w/ Erin |
| 31 | | | | | |
| 5:00a H.I.R.T. 8:15a Yoga 4:30p DanceFit 5:30p POUND | | | | | |

Plus Membership: Access to Gym, Sauna and **Unlimited** GX Classes with a 1-Year Contract. Price: \$37.95/Month plus tax.

Group Exercise Membership: **Unlimited** Group Exercise Classes with a 1-Year Contract. Price: \$33.95/Month.

Group Exercise Punch Card or Drop In: Go to ANY Regular GX Class with our 10-Class Punch Card. Price: \$55 or Drop in for \$8.

Cycling Class: Pre registration Required - Class registration will open each Saturday for the following week's classes.