



MARCH 2025

Pop Up Group Exercise Classes

MARCH 2ND: **Cycle and Band Work**
9-9:45AM - Michelle W. - Studio B
*CYCLING WITH RESISTANCE BAND STRENGTH TRAINING

MARCH 2ND: **Sunday Stretch**
10-10:30AM - Julia G. - Studio A

MARCH 6TH & 27TH: **Little Beats**
12-12:30PM - Michelle W. - Studio A
*ADULT AND CHILD CARDIO DRUMMING - ALL AGES

MARCH 9TH: **Cycle and Kick**
10-10:45AM - Amy M. - Studio B
*CYCLING AND KICKBOXING

MARCH 10TH: **Step Up Circuit**
4-4:45PM - Marianne S. - Studio A
*CICRUIT STYLE STEP CLASS

MARCH 16TH & 23RD: **Power Walking**
11-12PM - Carol V. - Studio A
*LOW IMPACT, UPPER LIMITS OF WALKING PACE, ALTERNATING BETWEEN TRACK AND STUDIO

MARCH 21ST: **Group Cycling**
7:00AM - Hunter D. - Studio B

MARCH 23RD: **Lift and Cycle**
8:30-9:30AM - Kelli S. - Studio B

MARCH 23RD: **Kick and Lift**
10-10:45AM - Amy M. - Studio A
*STRENGTH TRAINING AND KICKBOXING

MARCH 30TH: **Barre**
10-11AM - Kate M. - Studio A