

# WELLNESS FLOOR CLASSES (March)

**REGISTRATION IS REQUIRED FOR ALL CLASSES**

Group Exercise classes=\$3 / TRX classes=\$5 / MX4 classes=\$8

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Circuit Silver Sneakers 8:15-9:00 am Sue	TRX 5:15-6:00 am (Only 8 spots) Larry	Circuit Silver Sneakers 8:15-9:00 am Sue		Yoga 8:00-8:45 am Carrie	
Cycle 9:15-10:00 am Rose						
Yoga 9:15-10:00am Sue	Cycle 9:15-10:00 am Rose	Dance Fitness 8:15-9:00 am Janie	Strength Training 9:15-10:00 am Nanci	Cycle 9:15-10:00 am Rose	Cycle 8:15-9:00 am Nanci	
Strength Training 10:15-11:00 am Sharon	Balance & Stability 9:15-10:00 am Sue	Cycle 9:15-10:00 am Rose		Balance & Stability 9:15-10:00 am Sue	Tabata Timing 9:15-10:00 am Dawn	
Classic Silver Sneakers 11:15-12:00 pm Linda	MX4 9:15-10:00 am (Only 8 spots) Toni	Yoga 9:15-10:00 am Sue	Yoga 10:15-11:00 am Sue	MX4 9:15-10:00am (Only 8 spots) Toni	Zumba 10:15-11:00am Dawn	
Circuit Silver Sneakers 12:15-1:00 pm Linda	MX4 10:15-11:00 am (Only 8 spots) Toni	Strength Training 10:15-11:00 am Sharon		MX4 10:15-11:00am (Only 8 spots) Toni		
	Strength Training 10:15-11:00am Nanci	Classic Silver Sneakers 11:15-12:00 pm Linda		Chair Yoga 10:15-11:00 am Sue		
		Circuit Silver Sneakers 12:15-1:00 pm Linda	TRX 5:15-6:00 pm (Only 8 spots) Beth	Classic Silver Sneakers 11:15-12:00 pm Linda		
Cycle 6:15-7:00 pm Larry		One Time Only MX4 on 3/18/26 5:30-6:00pm (Only 8 spots) Tricia	HIIT 6:00-6:45pm Tricia	Circuit Silver Sneakers 12:15-1:00 pm Linda		Dance-a-thon Event 3/22/26 11:00-12:30pm
Strength Training 6:15-7:00 pm Sharon	HIIT 6:00-6:45 pm Tricia	Cycle 6:15-7:00 pm Caitlin	Cycle 6:15-7:00 pm Beth			3 instructors Janie, Dawn, and Gail <Prizes>
Yoga 7:15-8:00pm Lisa	Core, Balance, & Stretch 7:00-7:45pm Carol	Strength Training 6:15-7:00 pm Sharon				
TRX 7:15-8:00 pm (Only 8 spots) Larry		Yoga 7:15-8:00pm Carrie				