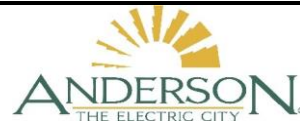


# Anderson Recreation Center Fitness Schedule for March 2019



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM	20/20 Jennifer	TRX 5th 19th CX WORXS 12th 26th	Spin Jennifer	Jennifer	Power Flow Jennifer	9:15 AM Biker Barre Beth 2nd
8:30 AM	Fit & Flex Aliza	Cardio Core Sara	Fit & Flex Courtney	Yoga I Sara	Fit & Flex Sara Courtney 15th 29th	Erin 9th
9:00 AM	30Fit Katie		30Fit Katie No class 20th		Yoga I Kate Sara 15th Lina 22nd	Pam 16th
9:30 AM	Line Dancing Sue 2 hours	Dance Party Megan		Line Dancing Sue 2 hours	Tai Ji (Beginner) Charline No class 22nd	Erin 23rd
9:45 AM	20/20/20 Katie	Yoga I Sara	Katie Pam 20th	Spin Jennifer		Pam 30th
10:00 AM					Chair Yoga Kate Sara 15th Lina 22nd	
11:00 AM	Fit & Flex Courtney	Move It Or Lose It Aliza	Fit & Flex Courtney	Move It Or Lose It Sara	Fit & Flex Aliza Courtney 1st	<b>Sunday</b> 4:00 PM
			Chair Yoga Kate Lina 20th			YOGA Helen 3rd Helen 10th Lina 17th Laura 24th Lina 31st
11:30AM				Kate (30 minutes) Jennifer 21st		
12:15 PM	Spin Jennifer	Kelley 5th 19th Jen 12th 26th	Kate Jennifer 20th	Kate Rachel 21st	Jen 1st 15th 29th Pam 8th 22nd	
	Chair Yoga Sara					<b>New for March! Spin on Saturday mornings at 8:15am with Jennifer!</b>
4:30 PM	Biker Barre Beth		Cardio Bootcamp Beth			
4:45 PM		Kate Kelley 19th		Kelley		
5:30 PM	Rachel Kate 4th	Kate 12th-class in gym (30 minutes) Rachel 19th	Yoga II Mellonee	Rachel	Spin Kelley 1st 15th 29th Jennifer 8th 22nd	<b>HOURS OF OPERATION</b>
	Yoga II Laura 4th 18th Sara 11th 25th	20/20/20 Katie	Kelley Pam 6th	Katie Pam 21st		Mon -Thurs. 5:30am - 9:30pm
6:00 PM		Yogilates Laura No class 12th				Friday 5:30am - 8:00pm
6:30 PM	Kelley Jennifer 18th					Saturday 8:00am - 4:00pm
6:45 PM		Spin Kelley 5th 19th Beth 12th 26th	Dance Party Olivia No class 13th			Sunday 2:00pm - 6:00pm