



MARCH

		*Yoga Rise 8:00am-8:50am Donna (DS)			
*Interval Training 9:05am-10:00am Kim (DS)	*Body Sculpt 9:05am-10:00am Lana (DS)	*Cardio Kickboxing 9:05am-10:00am Carrie (DS)	*Power Pump 9:05am-10:00am Lana (DS)	*Fitness Mashup 9:05am-10:00am Nikita (DS)	Pilates 7:50am-8:50am Susan (DS)
*Flex Core 10:00am-10:30am Kim (DS)	Studio Cycle 10:15am-11:10am Lana (DS)	*Quick Core 10:00am-10:30am Carrie (DS)	SWAT 10:15am-11:10am Carrie (THTR)		
Lite N Lively (55+) 10:30am-11:30am Kim (DS)		Lite N Lively (55+) 10:30am-11:30am Carrie (DS)	Studio Cycle 10:15am-11:10am Lana (DS)	Lite N Lively (55+) 10:30am-11:30pm Ying (DS)	
Country Heat Live! 7:15pm-8:15pm Jessica (DS)	Yoga Flow 7:00pm-8:00pm Susan (DS)	Boot Camp 7:15pm-8:15pm Kim (DS)	Zumba 6:45pm-7:45pm Ying (DS)		

*Classes with an * are included within the Group and Ultimate memberships*

Shaded classes are Registration Classes

DS-Dance Studio

OUT-Outside (Weather Permitting)

THTR- Cosman Theater



@hpdfitness

