

Mon	Tue	Wed	Thu	Fri	Sat	
1 5:45 am Cycling-Lynn +6 am WOW-Doris 8 am Dancercise Noon Cardio 15-Judy +4:30 pm WOW-Sue 6 pm Yoga-Doris 7 pm Step-Rick	2 5:45 am Cycling-Lynn 7 am Mat Pilates-Duanne 10 am Senior Gang Noon Strength-Judy 5:15 pm Cardio 20-Judy +7 pm BOOT CAMP	3 +6 am WOW-Lynn 8 am Dancercise 8:15 am Circuit Buddy-Heidi Noon Cycling-Judy +5 pm WOW-Mary 7:15 Work It-Diane	4 5:45 am Cycling-Lynn 7 am Mat Pilates-Duanne Noon Strength-Judy 4 pm Low-Impact-Sue 6 :15 pm Cardio-Lynn +7 pm BOOT CAMP	5 8 am Dancercise Noon Cycling-Judy 5:15 pm Cycling-Lynn	6 8:15 am Cycling-Lynn 9 am Raise the Bar-Sue	
8 5:45 am Cycling-Lynn +6 am WOW-Doris 8 am Dancercise Noon Cardio 15-Judy +4:30 pm WOW-Sue 6 pm Yoga-Doris 7 pm Step-Rick	9 5:45 am Cycling-Mary 7 am Mat Pilates-Duanne 10 am Senior Gang Noon Strength-Judy 5:15 pm Cardio 20-Judy +7 pm BOOT CAMP	10 +6 am WOW-Lynn 8 am Dancercise 8:15 am Circuit Buddy-Heidi Noon Cycling-Judy +5 pm WOW-Mary 5:30 pm Pedal/Pump-Sue 7:15 Work It-Diane	11 5:45 am Cycling-Mary 7 am Mat Pilates-Duanne Noon Strength-Judy 4 pm Low-Impact-Sue 6 :15 pm Cardio-Lynn +7 pm BOOT CAMP	12 5:45 am Strong Core-Mary 8 am Dancercise Noon Cycling-Judy 5:15 pm Cycling-Lynn	13 GAELIC GALLOP!!	
15 5:45 am Cycling-Lynn +6 am WOW-Doris 8 am Dancercise Noon Cardio 15-Judy +4:30 pm WOW-Sue 6 pm Yoga-Doris 7 pm Step-Rick	16 5:45 am Cycling-Mary 7 am Mat Pilates-Duanne 10 am Senior Gang Noon Strength-Judy 5:15 pm Cardio 20-Judy +7 pm BOOT CAMP	17 +6 am WOW-Lynn 8 am Dancercise 8:15 am Circuit Buddy-Heidi Noon Cycling-Judy +5 pm WOW-Mary 5:30 pm Pedal/Pump-Sue 7:15 Work It-Diane	18 5:45 am Cycling-Mary 7 am Mat Pilates-Duanne Noon Strength-Judy 4 pm Low-Impact-Sue 6 :15 pm Cardio-Lynn +7 pm BOOT CAMP	19 5:45 am Strong Core-Mary 8 am Dancercise Noon Cycling-Judy 5:15 pm Cycling-Lynn	20 8:15 am Cycling-Mary 9 am Raise the Bar-Sue	
22 5:45 am Cycling-Lynn +6 am WOW-Doris 8 am Dancercise Noon Cardio 15-Judy +4:30 pm WOW-Sue 6 pm Yoga-Doris 7 pm Step-Rick	23 5:45 am Cycling-Mary 7 am Mat Pilates-Duanne 10 am Senior Gang Noon Strength-Judy 5:15 pm Cardio 20-Judy +7 pm BOOT CAMP	24 +6 am WOW-Lynn 8 am Dancercise 8:15 am Circuit Buddy-Heidi Noon Cycling-Judy +5 pm WOW-Mary 5:30 pm Pedal/Pump-Sue 7:15 Work It-Diane	25 5:45 am Cycling-Mary 7 am Mat Pilates-Duanne Noon Strength-Judy 4 pm Low-Impact-Sue 6 :15 pm Cardio-Lynn +7 pm BOOT CAMP	26 5:45 am Strong Core-Mary 8 am Dancercise Noon Cycling-Judy 5:15 pm Cycling-Lynn	27 8:15 am Cycling-Lynn 9 am Raise the Bar-Sue	
29 5:45 am Cycling-Lynn +6 am WOW-Doris 8 am Dancercise Noon Cardio 15-Judy +4:30 pm WOW-Sue 6 pm Yoga-Doris 7 pm Step-Rick	30 5:45 am Cycling-Mary 7 am Mat Pilates-Duanne 10 am Senior Gang Noon Strength-Judy 5:15 pm Cardio 20-Judy +7 pm BOOT CAMP	31 +6 am WOW-Lynn 8 am Dancercise 8:15 am Circuit Buddy-Heidi Noon Cycling-Judy +5 pm WOW-Mary 5:30 pm Pedal/Pump-Sue 7:15 Work It-Diane	MARCH			

New Class Alert:

Pedal/Pump is an hour class. First 30 minutes get ready for RAGBRAI with Cycling. Next 30 minutes is muscle conditioning, abs and stretch. Begins Wednesday, March 10th at 5:30 p.m. Must sign up in Cycling book.

+ indicates a Specialty class. Extra fee applies.