

DOWNTOWN YMCA MARCH GROUP FITNESS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	
	1 11:15 am Kettlefusion– Steph 11:45 am Beginner Cycling– Mary 12:15 pm Stretch & Tone– Jim 5:30 pm StepMix– Betty Ruth	2 11:30 am Cycling–Lynn 12:15 pm BodyPump Express– Tina 5:30 pm Pilates– Jeff 6:30 pm BodyPump– Brian	3 11:15 am Kettlefusion– Steph 11:45 am Beginner Cycling– Mary 12:15 pm Stretch & Tone– Paul 5:30 pm Kettlefusion– Tina	4 11:30 am Cycling–Becky 12:15 pm BodyPump Express– Tina 5:30 pm Yoga- Jeff 6:30 pm BodyPump– Pam	5 12:15 pm Stretch & Tone- Jim	6
7	8 11:15 am Kettlefusion– Steph 11:45 am Beginner Cycling–Tina 12:15 pm Stretch & Tone– Jim 5:30 pm StepMix– Betty Ruth	9 11:30 am Cycling–Chanda 12:15 pm BodyPump Express– Tina 5:30 pm Pilates– Jeff 6:30 pm BodyPump– Sherry	10 11:15 am Kettlefusion– Steph 11:45 am Beginner Cycling– Mary 12:15 pm Stretch & Tone– Paul 5:30 pm Kettlefusion– Becky	11 11:30 am Cycling– Lynn 12:15 pm BodyPump – Tina 5:30 pm Yoga– Jeff 6:30 pm BodyPump - Sharon	12 12:00 pm JAMBOREE 20 MIN CYCLE–John 20 MIN KETTLEFUSION– Stephannie 20 MIN YOGA- Jeff	13
14	15 11:15 am Kettlefusion– Steph 11:45 am Beginner Cycling– Mary 12:15 pm Stretch & Tone– Jim 5:30 pm StepMix– Betty Ruth	16 11:30 am Cycling– Lynn 12:15 pm BodyPump Express– Tina 5:30 pm Pilates– Jeff 6:30 pm BodyPump– Brian	17 11:15 am Kettlefusion– Steph 11:45 am Beginner Cycling– Mary 12:15 pm Stretch & Tone– Paul 5:30 pm Kettlefusion–Tina	18 11:30 am Cycling–Becky 12:15 pm BodyPump Express– Tina 5:30 pm Yoga- Jeff 6:30 pm BodyPump– Pam	19 12:15 pm Stretch & Tone- Jim	20
21	22 11:15 am Kettlefusion– Steph 11:45 am Beginner Cycling– Mary 12:15 pm Stretch & Tone– Jim 5:30 pm StepMix– Betty Ruth	23 11:30 am Cycling–Chanda 12:15 pm BodyPump Express– Tina 5:30 pm Pilates– Jeff 6:30 pm BodyPump– Sherry	24 11:15 am Kettlefusion– Steph 11:45 am Beginner Cycling– Mary 12:15 pm Stretch & Tone– Paul 5:30 pm Kettlefusion– Tina	25 11:30 am Cycling– Lynn 12:15 pm BodyPump Express– Tina 5:30 pm Yoga– Jeff 6:30 pm BodyPump - Sharon	26 12:15 pm Stretch & Tone- Jim	27

28	<p>29</p> <p>11:15 am Kettlefusion– Steph 11:45 am Beginner Cycling– Mary 12:15 pm Stretch & Tone– Jim 5:30 pm StepMix– Betty Ruth</p>	<p>30</p> <p>11:30 am Cycling- Lynn 12:15 pm BodyPump Express– Tina 5:30 pm Pilates– Jeff 6:30 pm BodyPump– Brian</p>	<p>31</p> <p>11:15 am Kettlefusion– Steph 11:45 am Beginner Cycling– Mary 12:15 pm Stretch & Tone– Paul 5:30 pm Kettlefusion- Tina</p>	<p>April 1</p> <p>11:30 am Cycling–Becky 12:15 pm BodyPump Express– Tina 5:30 pm Yoga- Jeff 6:30 pm BodyPump– Pam</p>	<p>April 2</p> <p>12:15 pm Stretch & Tone- Jim</p> <p>** Instructors are subject to change without notice.</p> <p>**BodyPump Express: Tuesdays omit biceps and triceps. Thursdays omit shoulders and lunges</p>	3
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