

Wetumpka Group Exercise March 2010

Instructor are Subject to Change Without Notice

*******BOLD DENOTES A SCHEDULE CHANGE FROM LAST MONTH*******

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1-Mar 5:15 Interval Walk -Yvonne 8:30 Spin - Kathy 9:00 Fit for Life - Tonya 5:15 Body Pump - Misti 5:45 Spin - Wayne 6:30 Zumba - Sherena	2-Mar 5:15 Spin - Yvonne 8:30 Spin - Leah 9:00 Body Pump - Misti 4:15 Zumba - Sherena 4:45 Spin - Jessica 5:45 Spin - Jessica 6:00 Pilates/Stretch-Maureen	3-Mar 5:15 Total Body - Yvonne 8:30 Spin - Kathy 9:00 Fit for Life - Misti 5:45 Spin - Rhonda 6:00 Body Pump - Chanda	4-Mar 5:15 Spin - Yvonne 8:30 Spin-Leah 9:00 Zumba - Sherena 4:15 Cardio/Toning - Jessica 5:45 Spin - Rhonda 6:00 Pilates/Stretch-Maureen 6:45 Spin - Rhonda	5-Mar 5:15 Cardio - Mix - Yvonne 8:30 Body Pump - Misti 10:00 Fit for Life - Maureen	6-Mar 8:15 Spin - Yvonne
7-Mar	8-Mar 5:15 Step - Mix - Yvonne 8:30 Spin - Kathy 9:00 Fit for Life - Tonya 5:15 Body Pump - Misti 5:45 Spin - Rhonda 6:30 Zumba - Sherena	9-Mar 5:15 Spin - Yvonne 8:30 Spin - Leah 9:00 Body Pump - Misti 4:15 Zumba - Sherena 4:45 Spin - Jessica 5:45 Spin - Jessica 6:00 Pilates/Stretch-Maureen	10-Mar 5:15 Total Body - Yvonne 8:30 Spin - Kathy 9:00 Fit for Life - Misti 5:45 Spin - Lila 6:00 Body Pump - Chanda	11-Mar 5:15 Spin - Wayne 8:30 Spin-Leah 9:00 Zumba - Sherena 4:15 Cardio/Toning - Jessica 5:45 Spin - Rhonda 6:00 Pilates/Stretch-Maureen 6:45 Spin - Rhonda	12-Mar 5:15 Interval Walk -Maureen 8:30 Body Pump - Misti 10:00 Fit for Life - Maureen	13-Mar 8:15 Pump - Misti
14-Mar	15-Mar 5:15 Interval Walk -Yvonne 8:30 Spin - Wayne 9:00 Fit for Life - Tonya 5:15 Body Pump - Misti 5:45 Spin - Wayne 6:30 Zumba - Sherena	16-Mar 5:15 Spin - Yvonne 8:30 Spin - Leah 9:00 Body Pump - Misti 4:15 Zumba - Sherena 4:45 Spin - Jessica 5:45 Spin - Jessica 6:00 Pilates/Stretch-Maureen	17-Mar 5:15 Total Body - Yvonne 8:30 Spin - Wayne 9:00 Fit for Life - Misti 5:45 Spin - Rhonda 6:00 Body Pump - Chanda	18-Mar 5:15 Spin - Yvonne 8:30 Spin-Leah 9:00 Zumba - Sherena 4:15 Cardio/Toning - Jessica 5:45 Spin - Rhonda 6:00 Pilates/Stretch-Maureen 6:45 Spin - Rhonda	19-Mar 5:15 Cardio - Mix - Yvonne 8:30 Body Pump - Misti 10:00 Fit for Life - Maureen	20-Mar 8:15 Spin - Wayne
21-Mar	22-Mar 5:15 Interval Walk -Yvonne 8:30 Spin - Kathy 9:00 Fit for Life - Tonya 5:15 Body Pump - Misti 5:45 Spin - Rhonda 6:30 Zumba - Sherena	23-Mar 5:15 Spin - Yvonne 8:30 Spin - Leah 9:00 Body Pump - Misti 4:15 Zumba - Sherena 4:45 Spin - Jessica 5:45 Spin - Jessica 6:00 Pilates/Stretch-Maureen	24-Mar 5:15 Total Body - Yvonne 8:30 Spin - Kathy 9:00 Fit for Life - Misti 5:45 Spin - Lila 6:00 Body Pump - Chanda	25-Mar 5:15 Spin - Yvonne 8:30 Spin-Leah 9:00 Zumba - Sherena 4:15 Cardio/Toning - Jessica 5:45 Spin - Rhonda 6:00 Pilates/Stretch-Maureen 6:45 Spin - Rhonda	26-Mar 5:15 Step - Mix - Yvonne 8:30 Body Pump - Misti 10:00 Fit for Life - Maureen	27-Mar 8:15 Zumba -Sherena
28-Mar	29-Mar 5:15 Interval Walk -Yvonne 8:30 Spin - Kathy 9:00 Fit for Life - Tonya 5:15 Body Pump - Misti 5:45 Spin - Wayne 6:30 Zumba - Sherena	30-Mar 5:15 Spin - Yvonne 8:30 Spin - Leah 9:00 Body Pump - Misti 4:15 Zumba - Sherena 4:45 Spin - Jessica 5:45 Spin - Jessica 6:00 Pilates/Stretch-Maureen	31-Mar 5:15 Total Body - Yvonne 8:30 Spin - Kathy 9:00 Fit for Life - Misti 5:45 Spin - Rhonda 6:00 Body Pump - Chanda			