













# March 2019

## Group Fitness Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><b>**Please bring water bottle and towel for the Indoor Cycling classes</b></p> <p><b>**Please arrive early enough to set up your own bike for class</b></p>				<p>1</p> <p>8:00am – Deep H2O/Aquacize 9:15am- Water Wellness 9:00am-11:00am – Pickle Ball 11:15am – Water Wellness</p>	<p>2</p> 
<p>3</p> <p>2:30-4:30 – Pickle Ball</p> 	<p>4</p> <p>8:00am- Deep H2O/ Aquacize 9:15am- Water Wellness 9:00am-11:00pm – Pickle Ball 9:30am- Yoga – Ashley 11:15am – Water Wellness 1:15pm- Aquacize/Deep H2O 5:30pm – Yoga - Taylor</p>	<p>5</p> <p>8:00am- Water Wellness 8:30am – Zumba 9:30am – HFFS 10:15am – Water Wellness 12:15pm- Water Wellness 1:15pm – Deep H2O/ Cardio Fitness 4:00- 6:45pm – Pickle Ball</p>	<p>6</p> <p>8:00am- Deep H2O/ Aquacize 9:15am- Water Wellness 9:00am-11:00pm – Pickle Ball 11:00am- Yoga- Ashley 11:15am- Water Wellness 5:30pm – Yoga - Taylor</p>	<p>7</p> <p>8:00am- Water Wellness 8:30am – Zumba 9:30am – HFFS 10:15am – Water Wellness 12:15pm- Water Wellness 1:15pm – Deep H2O/ Cardio Fitness 4:00- 6:45pm – Pickle Ball</p>	<p>8</p> <p>8:00am – Deep H2O/Aquacize 9:15am- Water Wellness 9:00am-11:00am – Pickle Ball 11:15am – Water Wellness</p>	<p>9</p> 
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<p>31</p> <p>2:30-4:30 – Pickle Ball</p>						