

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 am Gentle Yoga	5:45 am HIIT w/ Robin *30 Minutes	5:45 am HIIT w/ Robin *30 Minutes (Synrgy)	5:45 am HIIT w/ Robin *30 Minutes	5:45 am HIIT w/ Robin *30 Minutes (T-Zone)	5:45 am HIIT w/ Robin *30 Minutes	7:15am GO Fit Boot Camp w/ Greg (T-Zone)
10:30am Meditation	5:45am GO Fit Boot Camp w/ Greg (T-Zone)	5:45am GO Fit Boot Camp w/ Greg *30 Minutes (Court #3)	5:45am GO Fit Boot Camp w/ Greg (T-Zone)	5:45am GO Fit Boot Camp w/ Greg *30 Minutes (Court #3)	5:45am GO Fit Boot Camp w/ Greg (T-Zone)	8:00 am Triple Threat w/ Peggy
	6:00 am Spinning w/ Ted *Participant Card Req'd	6:45 am Sunrise Yoga (Party Room)	6:00 am Spinning w/ Jeff *Participant Card Req'd	6:45 am Sunrise Yoga (Party Room)	6:00 am Spinning w/ Dave *Participant Card Req'd	9:15 am Simple Stretch w/ Peggy
	6:30am Rise and Grind w/ Robin	8:30 am Zumba GOLD w/ Cookie	6:30am Rise and Grind w/ Robin	8:30am Strength Yoga w/ Divya	6:45 am Sunrise Yoga (Party Room)	9:30am Cardio Core w/Deb (T-Zone)
	6:45 am Sunrise Yoga (Party room)	9:00am POUND w/Jan *participant card Req'd	6:45 am Sunrise Yoga (Party Room)	9:30am Happy Yoga w/ Divya	8:30 am Zumba GOLD w/ Cookie (Fitness Room)	10:00 am Spinning w/John *Participant Card Req'd
	9:30 am Battle Plan Boot Camp w/ Jon (T-Zone)	9:30 am Inferno Interval (T-Zone) w/ Dionne *30 Minutes	8:30 am Zumba GOLD w/ Cookie	9:30 am Inferno Interval (T-Zone) w/ Dionne *30 minutes	9:30am Super Set Sensation w/Peggy	10:30am Meditation
	9:30am Beginner's Yoga	9:30 am Cardio Strength w/ Jan	8:45 am Power Circuit w/ Peggy	9:45 am Spinning w/ John *Participant Card Req'd	9:30am Sharp Circuit w/ Jon (T-Zone)	
	9:45am Spinning w/ John *Participant Card Req'd	9:45 am Spinning w/ Jenny *Participant Card Req'd	9:30 am Total Tabata w/ Peggy	10:45 am Intermediate Yoga	9:45 am Spinning w/Jenny *Participant Card Req'd	
	10:30 am HIIT w/ Robin (T-Zone) *30 Minutes	10:45am Deep Stretch Flow Yoga	9:30 am Battle Plan Boot Camp w/Jon (T-Zone)	5:30 pm Boot Camp w/ Dwayne (T-Zone)	10:30am Functional Fitness w/ Jon	
	10:30am Happy Yoga w/ Divya	5:30 pm Power Burn w/ Dwayne (T-Zone)	9:45am Spinning w/ John *Participant Card Req'd	5:30pm Pound w/ Jan *Participant card Req'd	10:45am Beginner's Yoga	
	5:30 pm Kickboxing w/ Dwayne *45 minutes	6:00 pm Sunset Yoga (Party Room)	10:30 am HIIT w/ Robin (T-Zone) *30 Minutes	6:15 pm Step Interval w/ Peggy		
	5:30 pm HIIT w/Robin (T-Zone) *30 Minutes	6:15 pm Spinning w/ Dave *Participant Card Req'd	10:45am Beginner's Yoga	6:15 pm Spinning w/ Dave *Participant Card Req'd		
	6:15pm Cross Fitness w/ Jon (T-Zone)	7:00pm Strength Yoga	11:15am SHE Lifts w/ Dionne (T-Zone)	6:45 pm Wellness Yoga (Party Room)		
	6:30 pm ZUMBA w/ Cookie (Fitness Room)		5:30 pm Kickboxing w/ Dwayne *45 Minutes			
	6:45pm Beginner Yoga (Party Room)		6:00pm Relaxation Yoga (Party Room)			
			6:30 pm TRX Boot Camp w/ Jon (T-Zone)			
			6:30 pm ZUMBA w/ Cookie			
			6:30 pm Spinning w/John *Participant Card Req'd			



National Nutrition Month



Aqua Fitness

MONDAY	9:00 am ** Aqua Challenge w/ Sharon *30 Minute Class*	9:30 am Water Works w/Sharon	10:30 am Aqua Lite w/Sharon	6 pm Hydro Fitness w/Lori
TUESDAY	8:30am ** Deep Water Workout w/Paula	11:00am Aqua Flex w/Nancy		
WEDNESDAY	9:00 am ** Aqua Challenge w/ Sharon *30 Minute Class*	9:30 am Water Works w/Sharon	10:30 am Aqua Lite w/Sharon	6pm Hydro Fitness w/ Lori
THURSDAY	8:30am ** Deep Water Workout w/Paula	11:00am Aqua Flex w/Nancy		
FRIDAY	8:30 am ** Deep Water Challenge w/Paula	9:30am Gentle Water w/ Paula	11:00am Aqua Flex w/Nancy	
SATURDAY	8:30 am Hydro Fitness w/Lori	**-Class requires a 15 minute set up		



Silver Sneakers

MONDAY	9:45 am SS Circuit w/ Dionne	12:00 pm SS Classic w/ Dionne		
TUESDAY	10:15 am SS Classic w/ Dionne	11:45 pm NEW SS Chair Yoga w/ Pushpa (Fit Room)		
WEDNESDAY	9:45 am SS Circuit w/ Dionne	12 pm NEW SS Chair Yoga w/ Pushpa (Fit Room)	1:00 pm SS Classic w/Dionne	
THURSDAY	10:15 am SS Classic w/ Dionne	11:45 am NEW SS Chair Yoga w/ Pushpa (Fit Room)		
FRIDAY	9:00 am SS Circuit w/ Dionne	10:00 am SS Circuit w/ Marlene	11:45 pm NEW SS Chair Yoga w/ Pushpa (Fit Room)	1:00 pm SS Classic w/Dionne

Silver Sneakers Reminder!!

Please remember when Twinsburg City School District is closed due to inclement weather, Silver Sneaker classes are CANCELLED.

