

## March Class Schedule

MONDAY		
5:30 AM	Awakening Yoga	Bonnie Bowman
8:15 AM	Row & Tone	Jan DeCausy
9:00 AM	Active Yoga	Valeie Tingley
4:30 PM	Row & Strength	Jan DeCausy
5:00 PM	Cycling	Randy Weiland
6:00 PM	Plates Core Mat 1	Bethy Loeb
TUESDAY		
8:00 AM	Row & Tone	Jan DeCausy
8:15 AM	Steady Strength	Hilahn Jennings
9:00 AM	YogaFlow	Valeie Tingley
9:00 AM	Express Row	Jan DeCausy
4:30 PM	Aerial Yoga	Rachel Loeb
WEDNESDAY		
5:30 AM	Awakening Yoga	Bonnie Bowman
4:30 PM	Warm Mat Pilates	Lorrie Loeb
4:30 PM	Row & Strength	Jan DeCausy
THURSDAY		
5:30 AM	Hot Yoga	Rachel Loeb
8:00 AM	Row & Tone	Jan DeCausy
9:00 AM	Young at Heart Restore Yoga	Valeie Tingley
9:00 AM	Cycling	Randy Weiland
FRIDAY		
5:30 AM	Awakening Yoga	Bonnie Bowman
8:00 AM	Express Row	Jan DeCausy
Saturday		
9:00 AM	Yoga	Bethy Loeb