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	9-10 A.M.	10-11 A.M.	5-6 P.M.	6-7 P.M.	7:10-8 P.M.
<u>Monday</u>	<b>INTRO AEROBICS</b>  <b>ABS 9:30</b> Tara Linney	<b>intro to yoga</b>  Tara Linney	 <b>ZUMBA FITNESS</b> Susan Arnold  <b>CYCLING WITH WEIGHTS</b> Danielle Crosman	 <b>ZUMBA FITNESS</b> Sherrie Goddard	 7:10 Leslie Dunigan
<u>Tuesday</u>		<b>yoga basics</b>  Sherrie Goddard	 <b>ZUMBA FITNESS</b> Robin Nagel  <b>THE WORKS!</b> 5:30-6:30 Meghan Crosman	 <b>THE WORKS!</b> 5:30-6:30 Meghan Crosman  <b>3-0 ABS YOGA PILATES</b> 6:00-7:00 Sherrie Goddard	
<u>Wednesday</u>	<b>TONING</b>  Tara Linney	<b>yoga</b>  Tara Linney	 <b>ZUMBA FITNESS</b> Susan Arnold	<b>Triple Threat</b>  Mona Juett  <b>INDOOR CYCLING</b> Danielle Crosman	<b>core yoga</b>  7:10 Leslie Dunigan
<u>Thursday</u>			<b>DANCE MANIA</b>  Tara Linney  <b>CIRCUIT CYCLING</b> Danielle Crosman	 <b>THE WORKS!</b> 6:30-7:30 Meghan Crosman	 <b>THE WORKS!</b> 6:30-7:30 Meghan Crosman
<u>Friday</u>	<b>KICK FAT FRIDAY</b>  Tara Linney	<b>yoga relax</b>  Tara Linney	 <b>ZUMBA FITNESS</b> 5:30 P.M. (no child care during class) Jennifer Redmon	 Free child care services during classes except Friday PM. M-W-F-Sat. 9a-Noon, T-Th 9a-11a M-Th 5-8 P.M. Non-member class fee ONLY \$3 IN MARCH!	
<u>Saturday</u>	<b>Triple Threat</b>  Mona Juett	 <b>ZUMBA FITNESS</b> 10:10 Robin Nagel			