



# March 2020 Group Exercise Schedule



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> 8:15 am Cycling- Liza/Ilene 9:30 am Zumba®- Joy	<b>2</b> 9:15 am Boot Camp Vickie  6:30 pm Cycling - Liza	<b>3</b> 9:15 am Zumba®- Paula  5:30 pm Yoga- Marty 6:30 pm Zumba®- Kristen	<b>4</b> 5:30 am Cycling- Jim 9:15 am Tabata & Toning- Liza	<b>5</b> 10:00 am Mat Pilates Elaine  5:30 pm Cycling- Ilene 6:30 pm Zumba®- Kristen	<b>6</b> 9:00 am Yoga- Marty 10:30 am Line Dancing (advanced) Liza	<b>7</b> 8:00 am Step- Vickie 9:15 am Tae Bo®- Elliot
<b>8</b> 8:15 am Cycling- Liza 9:30 am Zumba®- Joy	<b>9</b> 9:15 am Boot Camp Vickie  6:30 pm Cycling - Liza	<b>10</b> 9:15 am Zumba®- Paula  5:30 pm Yoga- Sharon 6:30 pm Zumba®- Kristen	<b>11</b> 5:30 am Cycling- Cara 9:15 am Tabata & Toning- Liza	<b>12</b> 10:00 am Mat Pilates Elaine  5:30 pm Cycling- Cara 6:30 pm Zumba®- Kristen	<b>13</b> 9:00 am Yoga- Marty 10:30 am Line Dancing (advanced) Liza	<b>14</b> 8:00 am Step- Vickie 9:15 am Tae Bo®- Elliot
<b>15</b> 8:15 am Cycling- Liza/Ilene 9:30 am Zumba®- Joy	<b>16</b> 9:15 am Boot Camp Vickie  6:30 pm Cycling - Liza	<b>17</b> 9:15 am Zumba®- Paula  5:30 pm Yoga- Sharon 6:30 pm Zumba®- Kristen	<b>18</b> 5:30 am Cycling- Cara 9:15 am Tabata & Toning- Liza	<b>19</b> 10:00 am Mat Pilates Elaine  5:30 pm Cycling- Ilene 6:30 pm Zumba®- Kristen	<b>20</b> 9:00 am Yoga- Marty 10:30 am Line Dancing (advanced) Liza	<b>21</b> 9:00 am – 11:00 am <b>Catie's Wish Workout</b> To benefit St. Jude Children's Research Hospital \$10 donation to join us for Step, Cycling, Zumba® & raffles galore!
<b>22</b> 8:15 am Cycling- Liza 9:30 am Zumba®- Joy	<b>23</b> 9:15 am Boot Camp Vickie  6:30 pm Cycling- Liza	<b>24</b> 9:15 am Zumba®- Paula  5:30 pm Yoga- Sharon 6:30 pm Zumba®- Kristen	<b>25</b> 5:30 am Cycling- Vickie 9:15 am Tabata & Toning- Liza	<b>26</b> 10:00 am Mat Pilates Elaine  5:30 pm Cycling- Cara 6:30 pm Zumba®- Kristen	<b>27</b> 9:00 am Yoga- Marty 10:30 am Line Dancing (advanced) Liza	<b>28</b> 8:00 am Step- Vickie 9:15 am Tae Bo®- Elliot
<b>29</b> 8:15 am Cycling- Liza/Cara 9:30 am Zumba®- Joy	<b>30</b> 9:15 am Boot Camp Vickie  6:30 pm Cycling- Liza	<b>31</b> 9:15 am Zumba®- Paula  5:30 pm Yoga- Sharon 6:30 pm Zumba®- Kristen	<b>Non-member drop-in rate is only \$5!            And, your very first class is FREE!</b>	<a href="http://www.progressfitnesspa.com">www.progressfitnesspa.com</a> 717-972-0322 2201 Paxton Church Road		