





March 2023 Group Exercise Schedule



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
www.progressfitnesspa.com 717-972-0322 2201 Paxton Church Road			1 5:30 am Cycling- Vickie 9:15 am Tabata & Toning- Liza 5:15 pm Cycling- Ilene	2 10:00 am Mat Pilates Elaine 11:15 am Line Dancing (intermediate) Jackie 5:45 pm Line Dancing (beginner) Liza 6:30 pm Zumba@- Joy	3 9:00 am Yoga- Marty (virtual & in-person) 10:30 am Line Dancing (advanced) Liza	4 8:00 am Step- Vickie
5 8:15 am Cycling- Liza	6 9:15 am Boot Camp Vickie	7 9:30 am Zumba@- Paula 5:30 pm Yoga- Marty 6:30 pm Zumba@- Kristen	8 5:30 am Cycling- Cara 9:15 am Tabata & Toning- Liza 5:15 pm Cycling- Ilene	9 10:00 am Mat Pilates Elaine 11:15 am Line Dancing (intermediate) Jackie 5:45 pm Line Dancing (beginner) Liza 6:30 pm Zumba@- Joy	10 9:00 am Yoga- Marty (virtual & in-person) 10:30 am Line Dancing (advanced) Liza	11 8:00 am Step- Vickie
12 8:15 am Cycling- Liza	13 9:15 am Boot Camp Vickie	14 9:30 am Zumba@- Paula 5:30 pm Yoga- Sharon 6:30 pm Zumba@- Kristen	15 5:30 am Cycling- Cara 9:15 am Tabata & Toning- Liza 5:15 pm Cycling- Ilene	16 10:00 am Mat Pilates Elaine 11:15 am Line Dancing (intermediate) Jackie 5:45 pm Line Dancing (beginner) Liza 6:30 pm Zumba@- Joy	17 9:00 am Yoga- Marty (virtual & in-person) 10:30 am Line Dancing (advanced) Liza 	18 8:00 am Step- Vickie
19 8:15 am Cycling- Liza	20 9:15 am Boot Camp Vickie	21 9:30 am Zumba@- Paula 5:30 pm Yoga- Marty 6:30 pm Zumba@- Kristen	22 5:30 am Cycling- Cara 9:15 am Tabata & Toning- Liza 5:15 pm Cycling- Ilene	23 10:00 am Mat Pilates Elaine 11:15 am Line Dancing (intermediate) Jackie 5:45 pm Line Dancing (beginner) Liza 6:30 pm Zumba@- Joy	24 9:00 am Yoga- Marty (virtual & in-person) 10:30 am Line Dancing (advanced) Liza	25 8:00 am Step- Vickie
26 8:15 am Cycling- Liza	27 9:15 am Boot Camp Vickie	28 9:30 am Zumba@- Paula 5:30 pm Yoga- Sharon 6:30 pm Zumba@- Kristen	29 5:30 am Cycling- Cara 9:15 am Tabata & Toning- Liza 5:15 pm Cycling- Ilene	30 10:00 am Mat Pilates Elaine 11:15 am Line Dancing (intermediate) Jackie 5:45 pm Line Dancing (beginner) Liza 6:30 pm Zumba@- Joy	31 9:00 am Yoga- Marty (virtual & in-person) 10:30 am Line Dancing (advanced) Liza	Non-member drop-in rate is only \$5! And, your very first class is FREE!