

MARCH Group Fitness



WWW.JOINCCBA.ORG
603-448-6477

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Tabata 5:30 - 6:30 am Joanna	Deep Water FIT 5:30 - 6:25 am Joanna <i>Studio Rented</i> 8:00-9:00 am	Cardio X-Train 5:30 - 6:30 am Brandi Cardio Step 5:30 - 6:30 am Joanna	Deep Water FIT 5:30 - 6:25 am Lauren	TRX 5:30 - 6:30 am Kathy Strength & Cardio Fusion 5:30 - 6:30 am Alena <i>Studio Rented</i> 8:00-9:00 am	Water Fit 8:00 – 9:00 am Mar 2 - Lauren Mar 9 - Dianne Mar 16 - Sowmya Mar 23 – Dianne Mar 30- Lauren 9:30-10:30 am Mar 2 - Joanna Cardio Step Mar 9 – Dianne Pilates Mat Mar 16 – Sowmya Strength & Cardio Fusion Mar 23 – Dianne Strength & Cardio Fusion Mar 30 – Joanna Cardio Step
Water FIT 8:30 - 9:30 am Rose	Aqua Zumba 8:30 - 9:30 am Susan	Water FIT 8:30 - 9:30 am Rose	Deep Water FIT 8:30 - 9:30 am Joanna	Water FIT 8:30 - 9:30 am Frances	
Zumba 9:15 - 10:15 am Susan	Pilates Vitae 9:15 - 10:15 am Frances	Tabata 9:15 - 10:15 am Joanna TRX 9:45 - 10:45 am Denise	Cardio X-Train 9:15 - 10:15 am Joseph	Cardio Step 9:15 - 10:15 am Joanna	
Gentle Yoga 10:30 - 11:30 am Connie	Iyengar Yoga Continuing 10:30 - 11:40 am Kristin	Cardio X-Train & TRX 10:45 - 11:45 am Joseph	Ashtanga Flow Yoga 10:30 - 11:30 am Jessica	Light N' Lively 10:30 - 11:30 am Joanna	
Cardio X-Train 12:00 - 1:00 pm Joseph			BOOT CAMP 12:00 - 1:00 pm Alena		SUNDAY 10:30 – 11:30 am Mar 3 Anna – Strength & Cardio Fusion Mar 10 Anna – Strength & Cardio Fusion Mar 17 Natalie- Turbo Kick Mar 24 Michelle - Zumba Mar 31 Natalie- Turbo Kick
Pilates Vitae 4:30 - 5:30 pm Dianne	Strength & Cardio Fusion 4:30 – 5:30 pm Anna	Strength & Cardio Fusion 3:45 - 4:30 pm Anna Gentle Yoga 4:35 - 5:30 pm Jenny S.	Strength & Cardio Fusion 4:30 - 5:30 pm Liza	Zumba 4:30 - 5:30 pm Liza	
TRX 5:45 - 6:45 pm Dianne	TRX 5:30 - 6:30 pm Kathy	Cardio X-Train 5:45 - 6:45 pm Liza			<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>You must sign up for CARDIO X-Train, Boot Camp & TRX classes. You may sign up 48 hours in advance. Classes are in the Functional Fitness Room.</p> </div>
Zumba 5:35 - 6:35 pm Liza	Turbo Kick 5:35 – 6:35 pm Natalie	Zumba 5:35 - 6:35 pm Michelle	Turbo Kick 5:35 - 6:35 pm Natalie		
Power Splash 6:00 - 7:00 pm Jenn		Power Splash 6:00 - 7:00 pm Frances			
	Ashtanga Flow Yoga 7:30 – 8:30 pm Jessica	<i>Studio Rented</i> 6:40 – 7:45 pm	Ashtanga Flow Yoga 7:00 – 8:00 pm Jessica		