



# FITNESS CLASS SCHEDULE

**MARCH 2023 - 3/13/23**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 - 6:15 AM <b>Body Conditioning</b> Pam	5:30 - 6:15 AM <b>HIIT (Z)</b> Joanna	5:30 - 6:30 AM <b>Indoor Cycling*</b> Cheryl/Marissa	5:30 - 6:15 AM <b>HIIT (Z)</b> Joanna	5:30 - 6:30 AM <b>Indoor Cycling*</b> Peter	8:15 - 9:15 AM <b>Indoor Cycling*</b> Rotating	9:00 - 10:00 AM <b>Hatha Yoga</b> Jenny V
8:00 - 8:45 AM <b>HIIT (Z)</b> Shannon	9:00 - 10:00 AM <b>Aqua Fitness</b> Kathleen	8:00 - 8:45 AM <b>HIIT (Z)</b> Shannon	8:00 - 9:00 AM <b>Indoor Cycling*</b> Jenn	8:00 - 8:45 AM <b>HIIT (Z)</b> Joanna	9:15 - 10:15 AM <b>TRX</b> Kathy	
9:00 - 10:00 AM <b>Aqua Fitness</b> Frances	9:30 - 10:15 AM <b>Barre Burn (Z)</b> Elda	9:00 - 9:45 AM <b>Pilates Mat (Z)</b> Frances	9:00 - 10:00 AM <b>Aqua Fitness</b> Jenny S	9:00 - 9:45 AM <b>Zumba</b> Jolin	9:30 - 10:30 AM March 4 <b>Cardio Step</b> Joanna	<b>KEY</b>  (Z) = Zoom class Indoor Cycling Other Aquatics Virtual-Only Mind Body Studio
9:00 - 10:00 AM <b>Indoor Cycling*</b> Adrienne	10:30 - 11:15 AM <b>Fab, Fit &amp; Fun (Z)</b> Joanna	10:00 - 10:45 AM <b>Gentle Yoga (Z)</b> Frances	9:30 - 10:15 AM <b>Barre Burn (Z)</b> Elda	9:00 - 10:00 AM <b>Aqua Fitness</b> Joanna	March 11 <b>Vinyasa Yoga</b> Sara	
10:30 - 11:30 AM <b>Gentle Yoga (Z)</b> Connie	10:30 - 11:15 AM <b>Pilates Fusion</b> Elda	10:00 - 11:00 AM <b>TRX</b> Emilie	10:30 - 11:15 AM <b>Fab, Fit &amp; Fun (Z)</b> Sara	10:00 - 10:45 AM <b>Gentle Yoga (Z)</b> Jenny S	March 18 <b>Zumba</b> Liz	
12:00 - 12:45 PM <b>Core &amp; Glutes</b> Erin	12:00 - 1:00 PM <b>Indoor Cycling*</b> Dianne	4:30 - 5:15 PM <b>Core &amp; Glutes</b> Aimee	10:30 - 11:15 AM <b>Pilates Fusion</b> Elda	12:00 - 1:00 PM <b>Indoor Cycling *</b> Adrienne	March 25 <b>Body Conditioning</b> Dianne	
4:30 - 5:15 PM <b>Pilates Fusion</b> Dianne	4:30 - 5:15 PM <b>Turbo Kick</b> Natalie	5:30 - 6:15 PM <b>Cardio Kickboxing</b> Aimee	4:30 - 5:15 PM <b>Zumba</b> Liz			
5:30 - 6:30 PM <b>Indoor Cycling*</b> Kathy/Peter	5:30 - 6:15 PM <b>Step Aerobics</b> Joanna	5:30 - 6:30 PM <b>TRX</b> Kathy	4:30 - 5:15 PM <b>TRX Tone</b> Dianne			
	5:30 - 6:30 PM <b>Vinyasa Yoga</b> Swan	6:15 - 7:15 PM <b>Zumba (Z)</b> Jolin	5:30 - 6:15 PM <b>Step Aerobics</b> Joanna			
	5:30 - 6:30 PM <b>Aqua Jog</b> Pam					

- All classes are included with membership. 9th grade and up may attend.
- We offer a virtual only membership-\$55/month.
- Non-members can attend classes with a \$15 day pass or \$30 week pass.
- You must complete an orientation before your first Indoor Cycling class.

Questions? Contact [joanna.graber@joinccbba.org](mailto:joanna.graber@joinccbba.org)