

# GROUP EXERCISE SCHEDULE MARCH 2026



SUN	MON	TUE	WED	THU	FRI	SAT
1	2 6:10 Cycle—Beth 9am Arthritis Debbie 10am-Total Body Burn-Jeff 11am Water Aerobics-Dot 12:15pm Zumba Chair-Lisa 5:15pm Total Body Burn-Jeff	3 9am-Yoga-Illse 10:15am Earn it, Burn it -Jeff 10am Water Arthritis-Annette 11am Water Aerobics-Valerie 1pm-Silver Sneakers-Valerie 5:30pm Zumba-Cynthia	4 6:10am Cycle-Beth 10am Zumba Toning-Lisa 11:15am Core & Cardio-Jeff 11am Water Aerobics-Dot 5:15pm –Pound-Sandra	5 9am Yoga-Annette 10:15am Zumba Toning-Amanda 11am Water Aerobics –Valerie 1pm Silver Sneakers-Debbie 5:15pm Cycle Marcia	6 6:10 Cycle—Beth 9am—Practical Pilates-Annette 10:15 Chair Yoga– Annette 11am Water Aerobics-Marcia 12pm Zumba-Amanda	7 10am Zumba– Cynthia
8	9 6:10 Cycle—Beth 9am Arthritis Debbie 10am-Total Body Burn-Jeff 11am Water Aerobics-Dot 12:15pm Zumba Chair-Lisa 5:15pm Total Body Burn-Jeff	10 9am-Yoga-Illise 10:15am Earn it, Burn it -Jeff 10am Water Arthritis-Annette 11am Water Aerobics-Valerie 1pm-Silver Sneakers-Valerie 5:30pm Zumba-Cynthia	11 6:10am Cycle-Beth 10am Zumba Toning-Lisa 11:15am Core & Cardio-Jeff 11am Water Aerobics-Dot 5:15pm –NO POUND	12 9am Yoga-Annette 10:15am Zumba Toning-Amanda 11am Water Aerobics –Valerie 1pm Silver Sneakers-Debbie 5:15pm Cycle Marcia	13 6:10 Cycle—Beth 9am—Practical Pilates-Annette 10:15 Chair Yoga– Annette 11am Water Aerobics-Marcia 12pm Zumba-Amanda	14 10am Zumba- Cynthia
15 	16 6:10 am—Cycle-Beth 9am Arthritis Debbie 10am Total Body Burn-Jeff 11am Water Aerobics-Marcia 12:15pm Zumba Chair-Lisa 5:15pm Total Body Burn-Jeff	17 9am-Yoga-Illise 10:15am Earn it, Burn it -Jeff 10am Water Arthritis-Annette 11am Water Aerobics-Valerie 1pm-Silver Sneakers-Valerie 5:30pm Zumba-Cynthia	18 6:10am Cycle-Beth 10am Zumba Toning-Lisa 11:15am Core & Cardio-Jeff 11am Water Aerobics-Valerie 5:15pm –Pound-Sandra	19 9am Yoga-Annette 10:15am Zumba Toning-Amanda 11am Water Aerobics –Valerie 1pm Silver Sneakers –Debbie 5:15pm Cycle-Marcia	20 6:10 Cycle—Beth 9am—Practical Pilates-Annette 10:15 Chair Yoga– Annette 11am Water Aerobics-Marcia 12pm Zumba-Amanda	21 10am Zumba-Cynthia
22	23 6:10 Cycle—NO CYCLE 9am Arthritis Debbie 10am Total Body Burn-Jeff 11am Water Aerobics-Dot 12:15pm Zumba Chair-Lisa 5:15pm Total Body Burn-Jeff	24 9am-Yoga-Illise 10:15am Earn it, Burn it -Jeff 10am Water Arthritis-Annette 11am Water Aerobics-Valerie 1pm-Silver Sneakers-Valerie 5:30pm Zumba-Cynthia	25 6:10am NO CYCLE 10am Zumba Toning-Lisa 11:15am Core & Cardio-Jeff 11am Water Aerobics-Dot 5:15pm –Pound-Sandra	26 9am Yoga-Annette 10:15am Zumba Toning-Amanda 11am Water Aerobics –Valerie 1pm Silver Sneakers –Debbie 5:15pm Cycle-Marcia	27 6:10 NO CYCLE 9am—Practical Pilates-Annette 10:15 Chair Yoga– Annette 11am Water Aerobics-Marcia 12pm Zumba-Amanda	28 10am Zumba-Cynthia
29	30 6:10 Cycle—Beth 9am Arthritis Debbie 10am Total Body Burn-Jeff 11am Water Aerobics-Dot 12:15pm Zumba Chair-Lisa 5:15pm Total Body Burn-Jeff	31 9am-Yoga-Illise 10:15am Earn it, Burn it -Jeff 10am Water Arthritis-Annette 11am Water Aerobics-Valerie 1pm-Silver Sneakers-Valerie 5:30pm Zumba-Cynthia				