

March Fitness Schedule

Monday

7:45-8:45 AM
H2O & Go
Deana

8:00-8:45 AM
Spin*
Jessie

9:00-9:45 AM
Gentle Joints
Jessie

9:15-10:00 AM
Cardio Fit
Deana

10:00-10:30 AM
Brain Busters
Shannon

10:15-10:45 AM
Tai Chi
Deana

1:30-2:00 PM
Balance X
Shannon

1:45-2:30 PM
HUR Circuit
Deana

2:00-2:45 PM
Mat Pilates*
Jessie

3:15-4:15 PM
Mindful Movement

Tuesday

8:05-8:50AM
Roll with the Punches
Jessie

8:00-8:45 AM
Interval Blast*
Deana

9:15-10:15 AM
HydroFit
Deana

9:15-9:45 AM
Belly Blaster
Jessie

10:05-10:35 AM
Osteofit
Shannon

10:45-11:15 AM
Silver Swans Ballet
Deana

1:45-2:30 PM
Gentle Joints
Deana
(No Class March 6th)

2:00-2:30 PM
Gentle Yoga
Shannon
(No Class March 6th)

2:45-3:15 PM
CIZE LIVE
Deana

3:30-4:00 PM
Open Golf

Wednesday

7:45-8:45 AM
H2O & Go
Deana

8:00-8:45 AM
Spin*
Jessie

9:00-9:45 AM
Gentle Joints
Jessie

9:15-10:00 AM
Cardio Fit
Deana

10:15-10:45 AM
Tai Chi
Deana

10:45-11:15 AM
Better Balance
Shannon

10:50-11:35 AM
Deep H2O
Deana

1:30-2:00 PM
Balance X
Shannon

1:45-2:30 PM
HUR Circuit
Deana

2:00-2:45 PM
Mat Pilates*
Jessie

3:15-4:15 PM
Mindful Movement

Thursday

8:05-8:50 AM
Gentle Stride
Jessie

8:00-8:45AM
Interval Blast*
Deana

9:15-10:15 AM
HydroFit
Deana

9:15-9:45 AM
Belly Blaster
Jessie

10:05-10:35 AM
Osteofit
Shannon

10:45-11:15 AM
Yoga Core
Deana

1:45-2:30 PM
Gentle Joints
Deana

2:00-2:30 PM
Gentle Yoga
Shannon

2:45-3:15 PM
Line Dancing
Shannon

3:15-3:45 PM
Beginner Line Dancing
Deana

Friday

8:00-8:45 AM
Roll with the Punches
Kayla

8:00-8:45 AM
Spin*
Jessie

9:00-9:45 AM
Gentle Joints
Jessie

9:15-10:00 AM
Cardio Fit
Deana

10:15-10:45 AM
Yo Chi
Deana

10:45-11:15 AM
Better Balance
Shannon

10:55-11:35 AM
Deep H2O
Deana

1:00-4:00 PM
Open Golf

Class Key:

All aquatic classes are outlined in blue.

* This is an advanced class. Please consult with a member of the Wellness Department before attending.



PRESBYTERIAN
VILLAGE NORTH