

SPRING BREAK 2019 - RIVER ROAD

Mon, March 11th - Fri, March 17th

Monday 3/11 - All regularly scheduled classes offered

Tuesday 3/12

530am **Yoga** Debbie
530am **Spin** Nicole
615am **BOOTCAMP** Reagan
630am **Spin** Nicole
725am **Healthy Posture** Lorri
830am **Rugged** Nicole
830am **Beginning Yoga** Lisa

915am **Cardio Tennis** Mary
930am **Aqua Fit** Jenn
930am **Booty Barre** Lisa
930am **Spin** Nicole
935am **Silver Fit** Ava
930am **Pickleball Live** Jessica
1030am **Hot Yoga** Laura

12pm **Healthy Posture** Lorri
530pm **Group Power** Jenn
630pm **Hatha Yoga** Jeanne
630pm **Spin** Bri
730pm **Fascinator** Jeanne
730pm **Aqua Fit** Meg

Wednesday 3/13

515am **CrossFire** Laurie
530am **TRX** Nicole
725am **Healthy Posture** Lorri
830am **HP Variety** Lorri
830am **Caged** Nicole
830am **At the Barre** Whitney

930am **Power Pilates** Leigh
930am **Aqua Fit** Whitney
935am **Group Power** Deb
930am **Spin Flex** Nicole
1030am **At the Barre** Leigh

12pm **Healthy Posture** Lorri
6pm **Healthy Posture** Lorri
630pm **Spin** Steve
630pm **Cardio Tennis** Mary
730pm **BUTI Yoga** Sinalei

Thursday 3/14

530am **Spin** McKenzie
530am **Yoga** Debbie
725am **HP Cardio** Lorri
830am **Group Power** Sheri

930am **Pickleball Live** Jessica
930am **Spin** Nicole
930am **Aqua Fit** Sheri
530pm **Group Power** Jenn

530pm **Yoga** Lilac
630pm **Spin** Clark
730pm **Aqua Fit** Meg

Friday 3/15

515am **Step** Laurie
6am **Spin** McKenzie
725am **Healthy Posture** Lorri
830am **Spin** Nicole
830am **Beginning Yoga** Lilac

930am **Spin** Megan D
930am **TRX** Nicole
930am **Aqua Zumba** Melesa
935am **Group Power** Deb

SUMMIT ATHLETIC CLUB

Spring Break 2019

Mon, March 11th - Fri, March 15th

SUNSET

Monday 3/11

610am **Spin** Kristen N
930am **TRX** Tangi
1035am **Healthy Posture** Lorri

415pm **Healthy Posture** Lorri
6:30am **CHISEL** Ava

Tuesday 3/12

530am **TRX** Tangi
835am **Spin Flex** Kristen N
930am **Healthy Posture** Lorri

1035am **Fascinator** Jeanne
415pm **Healthy Posture Cardio** Lorri
530pm **Gentle Yoga & Relaxation** Ian

Wednesday 3/13

530am **CHISEL** Kristen N
630am **Spin** Jill
830am **P.H.I.I.T.** Ava
1035am **Healthy Posture** Lorri

415pm **Healthy Posture** Lorri
530pm **Spin** Megan D
630pm **CHISEL** Megan D
730pm **High Fitness** Tangi

Thursday 3/14

835am **TRX 45** Jill
835am **Spin Flex** Kristen N

1035am **Fascinator** Jeanne
630pm **TRX** Nicole

Friday 3/15

530am **BOOTCAMP** Nicole
930am **Kick** Lindsey R

1035am **Healthy Posture** Lorri

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BLUFF

Monday 3/11

6am **CHISEL** Rebecca
6am **Fascinator** Jeanne
9am **Hot Yoga** Eduardo
9am **Dance Fitness 90 minutes**
Bri & Amber P

6pm **U-Jam** Lindsay
6pm **Hot Pilates** Stephanie
7pm **Hot Power Yoga** Stephanie
7pm **L-Dub** Laci

Tuesday 3/12 - All regularly scheduled classes offered

Wednesday 3/13

6am **H.I.I.T.** McKenzie
8am **Insanity** Tangi
9am **Zumba** Amber P

9am **Fascinator** Jeanne
10am **High Fitness** Lindsay
6pm **U-Jam** Bri

Thursday 3/14

6am **Fascinator** Jeanne
8am **Sculpt 30** Amber P
9am **High Fitness** Tangi
10am **Hot Yoga Fusion** Laura B
12pm **Healthy Posture Cardio** Lorri

6pm **Dance Fitness** Lindsay
6pm **Hatha Yoga** Jeanne
7pm **Fascinator** Jeanne
7pm **L-Dub** Laci

Friday 3/15

8am **High Fitness** Tangi
9am **Hot Power Yoga** Laura B

9am **R.I.P.P.E.D.** Sergio
10am **L-Dub** Laci