



Club Hours: (561) 994-0007
 Monday-Thursday 6am – 9pm
 Friday- 6am – 7pm
 Sat. 8am – 5pm Sun. 9am – 4pm

March 2010

Group Fitness Schedule

Kid's Fun Center Hours:
 Mon.-Fri. 8am-1pm & 4pm- 8pm*
 *(Fri closes 7pm)
 Saturday: 8am – 12pm
 Sunday: 9am – 1pm

S u n d a y	M o n d a y	T u e s d a y	W e d n e s d a y	T h u r s d a y	F r i d a y	S a t u r d a y
	1 8:30 Spinning- Lauren (45) 9:30 Circuit Training- Danielle 10:30 Sr. Weights- Danielle 12:00 Pilates- Nicoletta 5:30 Spinning- Dawna 5:30 Cardio Pump- Janice 6:30 Ab- Attack-Janice 7:00 Pilates- Sherree	2 8:30 Total Body- Kathleen (30) 9:15 BodyPUMP- Kathleen 10:00 Spinning- Sherree (45) 10:30 BodyFLOW- Kathleen 12:00 Yoga-Sherree 5:30 Cardio Step- Janice 6:00 BodyPUMP- Janice 7:00 BodyFLOW- Jancie	3 8:30 Spinning- Dawna (45) 9:15 No Yoga Today 10:15 Cardio Rhythm- Willibeth 11:00 Golden Girls Nicoletta 12:00 Pilates w/ props-Nicoletta 5:30 Spinning- Holly 5:30 Ab-Attack- Stephanie 6:00 BodyPUMP- Stephanie	4 9:00 BodyPUMP- Janice 9:30 Spinning-Matthew (45) 10:15 BodyFLOW- Janice 11:30 Sr. Zumba- Willibeth 4:30 Yoga- Matthew 5:30 Spinning- Danielle 5:30 Zumba- Heather	5 8:30 Spinning- Dawna (45) 9:30 Cardio Jam- Dawna 10:30 Golden Girls- Sally 12:00 Mat Pilates- Nicoletta 5:30 BodyPUMP- Stephanie	6 9:00 BodyPUMP- Kathleen 9:30 Spinning- Holly 10:30 BodyFLOW- Kathleen
7 9:30 Spinning- Danielle 10:00 Cardio Step- Janice 11:15BodyFLOW- Janice	8 8:30 Spinning- Lauren (45) 9:30 Circuit Training- Danielle 10:30 Sr. Weights- Danielle 12: 00 Pilates- Nicoletta 5:30 Spinning- Janice 5:30 Cardio Pump- Mindy 6:30 Ab- Attack-Mindy 7:00 Pilates- Sherree	9 8:30 Total Body- Kathleen (30) 9:15 BodyPUMP- Kathleen 10:00 Spinning- Sherree (45) 10:30 BodyFLOW- Kathleen 12:00 Yoga-Sherree 5:30 Cardio Step- Janice 6:00 BodyPUMP- Janice 7:00 BodyFLOW- Jancie	10 8:30 Spinning- Dawna (45) 9:15 Yoga- Sherree 10:15 Cardio Rhythm- Willibeth 11:00 Golden Girls Nicoletta 12:00 Pilates w/ props-Nicoletta 5:30 Spinning- Mindy 5:30 Ab-Attack- Stephanie 6:00 BodyPUMP- Stephanie	11 9:00 BodyPUMP- Janice 9:30 Spinning-Matthew (45) 10:15 BodyFLOW- Janice 11:30 Sr. Zumba- Willibeth 4:30 No Yoga today 5:30 Spinning- Holly 5:30 Zumba- Heather	12 8:30 Spinning- Dawna (45) 9:30 Cardio Jam- Dawna 10:30 Golden Girls- Sally 12:00 Mat Pilates- Nicoletta 5:30 BodyPUMP- Stephanie	13 9:00 BodyPUMP-Kathleen 9:30 Spinning- Holly 10:15  St. Patty's Drums Alive- Join Kathleen for the luck of the Irish drum fest!
14 9:30 Spinning- Holly 10:00 Cardio Step- Janice 11:15BodyFLOW- Janice	15 8:30 Spinning- Dawna (45) 9:30 Circuit Training- Danielle 10:30 Sr. Weights- Danielle 12:00 Pilates- Nicoletta 5:30 Spinning- Mindy 5:30 Cardio Pump- Janice 6:30 Ab- Attack- Janice 7:00 Pilates- Sherree	16 8:30 Total Body- Kathleen (30) 9:15 BodyPUMP- Kathleen 10:00 Spinning- Sherree (45) 10:30 BodyFLOW- Kathleen 12:00 Yoga-Sherree 5:30 Cardio Step- Janice 6:00 BodyPUMP- Janice 7:00 BodyFLOW- Jancie	17 Happy St. Patty's Day  8:30 Spinning- Dawna (45) 9:15 Yoga- Sherree 10:15 Cardio Rhythm- Willibeth 11:00 Golden Girls Nicoletta 12:00 Pilates w/ props-Nicoletta 5:30 Spinning- Mindy 5:30 Ab-Attack- Stephanie 6:00 BodyPUMP- Stephanie	18 9:00 BodyPUMP- Janice 9:30 Spinning-Matthew (45) 10:15 BodyFLOW- Janice 11:30 Sr. Zumba- Willibeth 4:30 Yoga- Matthew 5:30 Spinning- Holly 5:30 Zumba- Heather	19 8:30 Spinning- Dawna (45) 9:30 Cardio Jam- Dawna 10:30 Golden Girls- Sally 12:00 Mat Pilates- Nicoletta 5:30 BodyPUMP- Stephanie	20 9:00 BodyPUMP- Kathleen 9:30 Spinning- Mindy 10:30 TO 12:00 ZUMBA WORKSHOP!! ENJOY 1&1/2 HOUR OF SUPER ZUMBA W/ WILLIBETH AND MELISSA \$10.00 PER PERSON
21 9:30 Spinning- Janice 10:00 Cardio Step- Mindy 11:15 BodyFLOW- Janice	22 8:30 Spinning- Lauren (45) 9:30 Circuit Training- Danielle 10:30 Sr. Weights- Danielle 12:00 Pilates- Nicoletta 5:30 Spinning- Mindy 5:30 Cardio Pump- Janice 6:30 Ab- Attack- Janice 7:00 Pilates- Sherree	23 8:30 Total Body- Kathleen (30) 9:15 BodyPUMP- Kathleen 10:00 Spinning- Sherree (45) 10:30 BodyFLOW- Kathleen 12:00 Yoga-Sherree 5:30 Cardio Step- Janice 6:00 BodyPUMP- Janice 7:00 BodyFLOW- Jancie	24 8:30 Spinning- Dawna (45) 9:15 Yoga- Sherree 10:15 Cardio Rhythm- Willibeth 11:00 Golden Girls Nicoletta 12:00 Pilates w/ props-Nicoletta 5:30 Spinning- Mindy 5:30 Ab-Attack- Stephanie 6:00 BodyPUMP- Stephanie	25 9:00 BodyPUMP- Janice 9:30 Spinning-Matthew (45) 10:15 BodyFLOW- Janice 11:30 Sr. Zumba- Willibeth 4:30 Yoga- Matthew 5:30 Spinning- Holly 5:30 Zumba- Heather	26 8:30 Spinning- Dawna (45) 9:30 Cardio Jam- Dawna 10:30 Golden Girls- Sally 12:00 Mat Pilates- Nicoletta 5:30 BodyPUMP- Stephanie	27 9:00 BodyPUMP- Kathleen 9:30 Spinning- Holly 10:15 Extreme Stretch- Julie
28 10:15 Cardio Step- Danielle 10:15 Spinning- Holly 11:15 BodyFLOW-Kathleen	29 8:30 Spinning- Lauren (45) 9:30 Circuit Training- Danielle 10:30 Sr. Weights- Danielle 12:00 Pilates- Nicoletta 5:30 Spinning-Holly 5:30 Cardio Pump- Dawna 6:30 Ab- Attack- Dawna 7:00 Pilates- Sherree	30 8:30 Total Body- Kathleen (30) 9:15 BodyPUMP- Kathleen 10:00 Spinning- Sherree (45) 10:30 BodyFLOW- Kathleen 12:00 Yoga-Sherree 5:30 Ab- Attack- Holly 6:00 PUMP- Holly 7:00 Yoga- Sherree	31 8:30 Spinning- Dawna (45) 9:15 Yoga- Sherree 10:15 Cardio Rhythm- Willibeth 11:00 Golden Girls Nicoletta 12:00 Pilates w/ props-Nicoletta 5:30 Spinning- Holly 5:30 Ab-Attack- Stephanie 6:00 BodyPUMP- Stephanie			

