



March Group Ex Schedule



Classes are **FREE** to all members!!

Non-Members - \$9.00/\$4.50 on Thursdays

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	Cardio PUMP	Cycling	RIP Strength	Cycling	Cardio PUMP	
6:45 AM	Cardio HiLo		Cardio HiLo			
8:00 AM	TBR	Battles & Bells	TBR	Battles & Bells	TBR/Battles & Bells	Body Pump
9:00 AM	Group Strength	30 Minute Cycle	Group Strength	30 Minute Cycle	Group Strength	See Membership for more details on Move Into Wellness, Rock Steady Boxing, Martial Arts & Lifeplex Dance Academy.
				Yoga Flow (75Min)		
9:30 AM	Silver Sneakers BOOM MUSCLE	Stretch it Out (30 Minute)	Silver Sneakers BOOM MUSCLE	Stretch it Out (30 Minute)	Silver Sneakers BOOM MUSCLE	2855 Miller Dr. 574-335-5280
	Yoga Flow					
10:00 AM		Tai Chi			Tai Chi	All classes are 45 minutes unless otherwise noted on the schedule.
10:30 AM	Silver Sneakers STABILITY (30 Minute)				Silver Sneakers STABILITY (30 Minute)	
	Flash Fit	Cardio Drumming		Cardio Drumming	Flash Fit	
10:45 AM	Gentle Yoga			Gentle Yoga		Studio 1
11:00 AM			Move Into Wellness \$ Paid Program			Studio 2
12:00 PM	Chair Yoga	Silver Sneakers Classic		Silver Sneakers Classic		Studio 3
2:00 PM	Rock Steady Boxing \$Paid Program		Rock Steady Boxing \$Paid Program		Rock Steady Boxing \$Paid Program	North Studio
5:00 PM		Corebar				Cycling Arena
5:30 PM	Body Pump	Body Pump		Body Pump		Lower Gym Deck
6:30 PM		Martial Arts \$Paid Program		Martial Arts \$Paid Program		