



GROUP FITNESS CLASS SCHEDULE

March 22 thru March 28th



www.iccDet.org/fitness

(all classes are 55 min unless specifically noted)

Sunday, March 22			
Time	Class	Location	Instructor
8:15 a.m.	Spinning™ *	SS	Kari
8:30 a.m.	Step	AR	Lynn D
8:30 a.m.	TRX Express (w/ core)	TRX	Jenny
9:30 a.m.	Muscle Jam	AR	Lynn
9:30 a.m.	Wet Jam	P	Marci
9:30 AM	TRX-NEW	TRX	Kari
9:30-11:00	Gentle Yoga	YS	Steve G
9:45 a.m.	Spinning™ *	SS	Natalie
10:40 a.m.	ZUMBA!	AR	Cancelled
Monday, March 23			
Time	Class	Location	Instructor
6:00 a.m.	Fit Camp	AR	Lynn D
8:15 a.m.	Muscle Jam	AR	Deb A
8:00	Body Awareness	YS	cancelled
9:15 a.m.	Aqua H.I.I.T	P	Peggy
9:15 a.m.	NIA	AR	Stacey
9:30-10:45	Classical Yoga	YS	Bharti
10:15 a.m.	Body Work	AR	Diane
10:15 a.m.	Aqua Cardio-Core	P	Deb A
11:15 a.m.	Basic Back Care	AR	Frank
5:15 p.m.	Kickboxing!	AR	Lynn
6:00 p.m.	Center BARRE Fitness	DS	Deb A
6:00 p.m.	Wet Jam	P	Deb I
Tuesday, March 24			
Time	Class	Location	Instructor
6:00 a.m.	Spinning™ *	SS	Deb W
7:45am	Advanced Water Works-NEW	P	allison
8:00 a.m.	Healthy Backs	YS	Nancy P
9:00 a.m.	Hydro tone	P	Deb I
9:15 a.m.	Super Step	AR	Lynn D
9:15 a.m.	Spinning™ *	SS	Maureen
9:15 a.m.	Essential Pilates	YS	Nichole F
10:15 a.m.	Wet Jam	P	Karen O
10:15 a.m.	ZUMBA!	AR	Pam
10:15 a.m.	TRX! *	TRX	Maureen
11:15 a.m.	Sit and Be Fit	AR	Marci
12:15pm	Yogitation	YS	Karina
5:15 p.m.	Tabata w/ weights	AR	Laurel
6:45pm	Yoga-NEW CLASS!	YS	Patricia

AR = Aerobics Room

DS = Dance Studio

P = Pool

SS = Spin Studio

TRX=Studio A

YS = Yoga Studio

Wednesday, March 25			
Time	Class	Location	Instructor
6:00 a.m.	Fit Camp	AR	Sergie
8:15 a.m.	Spinning™ *	SS	Deb A
8:15 a.m.	Pilates Plus	AR	Linda T
8:00	Body Awareness	YS	Deb I
9:15 a.m.	Deep Water Cardio Fit	P	Peggy
9:15 a.m.	Cardio Weights	AR	Lynn
9:00 a.m.	Classical Yoga	YS	Bharti
10:15 a.m.	Wet Jam	P	Marci
10:15 a.m.	Stretch & Tone	AR	Linda T
11:15 a.m.	Basic Back Care	AR	Frank F
12:00 p.m.	Gentle Yoga	YS	Nichole
6:00 p.m.	ZUMBA!	AR	Karen O
7-8:15 p.m.	Super MJ with Core	AR	Karen O
Thursday, March 26			
Time	Class	Location	Instructor
6:00 a.m.	Spinning™ *	SS	Jill
8-9:15 a.m.	Gentle Yoga-NEW TIME!	YS	Karen O
8:15 a.m.	Spinning™ *	SS	Michael P
9:15 a.m.	Pilates	YS	Deb A
9:15 a.m.	Condition/Balance/Strength	AR	Karen O
10:00 a.m.	Deep Water Cardio Fit	P	Marci
9:30am	TRX*-new time	TRX	Michael P
10:30 a.m.	ZUMBA!	AR	Sarah T
11:30 a.m.	Sit and Be Fit	AR	Frank
6pm	ZUMBA! -NEW TIME!	AR	Mariya
6:00 p.m.	Gentle Yoga	YS	Linda T
Friday, March 27th			
Time	Class	Location	Instructor
7:45am	Advanced Water Works-NEW	P	Allison
8:15 a.m.	Fitness Fusion	AR	Deb A
8:15 a.m.	Holistic Yoga	YS	Patricia
9:15 a.m.	Drums Alive!	AR	Linda B
9:15 a.m.	Spinning™ *	SS	Maureen
9:20am	Slow Vinyasa -NEW	YS	Deb A
10:15 a.m.	Aqua Friday Fat Burner	P	Marci
10:15 a.m.	Build Your Body, aka Basic Trai	AR	Maureen
11:15 a.m.	Basic Back Care	AR	Frank
12:30 p.m.	TRX 101 *	TRX	Frank
Saturday, March 28th			
Time	Class	Location	Instructor
8:00 a.m.	Fitness Fusion	AR	Marci
9:00 a.m.	Center BARRE Fitness	DS	Deb A
9:00 a.m.	Spinning™ *	SS	Laina
9:15 a.m.	Wet Jam	P	Marci
9:30 a.m.	ZUMBA!	AR	Miki
10:15 a.m.	Slow Flow Yoga	YS	Nancy P
10:30 a.m.	Muscle on the Ball	AR	Nichole