

March 2017 / Daily Zenergy Schedule

MONDAY	CLASS	LOCATION	NOTES
6:30-7:25am	BODYPUMP (Sheridan)	Fitness Studio	
6:30-7:30am	Hot Yoga (Tara)	Yoga Studio	
8:00-8:55am	\$ Spring Sports Conditioning (Kristen)	Fitness Studio	March 20 - April 24th / Members Free
8:00-9:00am	Masters Swim (Ed)	Outdoor Pool	
8:30-9:25am	RPM Power Ride (Joel)	Cycling Studio	
9:00-9:55am	\$ Pilates Wall Unit Clinic (Emily)	Pilates Studio	M \$35/NM \$40 (drop-in rate)
9:00-9:55am	Zumba (Priscilla)	Fitness Studio	
9:00-10:55am	\$ Tennis Ladies Day 3.5+ (George / Rob)	Tennis	TM Free / HM \$30 / NM \$35 (drop-in rate)
9:30-10:45am	All Levels Yoga (Dana)	Yoga Studio	
10:00-10:55am	Pilates Mat Intermediate (Zoe)	Fitness Studio	
11:00-11:55am	Deep Water Hydro Fit (Margie)	Outdoor Pool	
11:30-11:55am	BODYCOMBAT (Anna)	Fitness Studio	
12:00-12:30pm	CXWORX (Tim)	Fitness Studio	
12:00-12:55pm	Masters Swim (Ed)	Outdoor Pool	
12:00-1:00pm	All Levels Hatha Yoga (Victoria)	Yoga Studio	
12:35-1:25pm	Zen Roller (Tim)	Fitness Studio	
2:00-3:25pm	\$ Adult Tennis Clinic (Rob & George)	Tennis	TM Free / HM \$30 / NM \$35 (drop-in rate)
3:00-4:00pm	\$ Soo Bahk Do / Tiger Tots (Oliver)	Fitness Studio	Last class March 13, Spring session begins March 27
4:00-5:25pm	\$ Soo Bahk Do / Karate Kids (Oliver)	Fitness Studio	Last class March 13, Spring session begins March 27
4:30-5:55pm	\$ Int. Jr Tennis Clinic /8-12yrs (Rob & Zack)	Tennis	
5:00-5:55pm	RPM Ride (Georgie)	Cycling Studio	
5:30-6:45pm	The Hot 26 Yoga (Brenda)	Yoga Studio	
6:00-7:25pm	\$ Mixed Doubles 3.5+ (Jamie)	Tennis	TM Free/HM \$20 / NM \$20

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TUESDAY	CLASS	LOCATION	NOTES
6:30-7:25am	Suunto Heart Rate Training Ride (Erin)	Cycling Studio	
7:30-8:45am	Hot Yoga (Sandi)	Yoga Studio	
8:00-8:55am	Ballet Barre Works (Erin)	Fitness Studio	
8:00-9:00am	Masters Swim (Ed)	Outdoor Pool	
8:30 - 9:15am	\$ March Madness Ball Workout (Yvette)	Gym	March 7 - 28
8:30-9:25am	Suunto Heart Rate Training Ride (Brenda)	Cycling Studio	
9:00-9:55am	BODYPUMP (Emily)	Fitness Studio	
9:30-10:30am	All Levels Yoga (Danielle)	Yoga Studio	
10:00-10:30am	CXWORX (Emily)	Fitness Studio	
10:00-10:55am	\$Lean and Mean in "17" (Brenda)	Gym	Last class - March 15
11:00 - 11:45am	\$ Resistance Flexibility Stretching (Bianca)	Yoga Studio	March 7 - 28
11:00-11:55am	Deep Water Hydro Fit (Suzanne)	Outdoor Pool	
12:00-12:55pm	BODYPUMP (Anna)	Fitness Studio	
12:00-1:00pm	Yin Yoga (Cathie)	Yoga Studio	
3:30-4:15pm	\$ Advanced Water Fun! (Jennifer)	Indoor Pool	Last class - March 14
3:45-4:25pm	\$ Little Tennis (Rob & Zack)	Tennis	
4:15 - 5:00pm	\$ Swim Improvement / Stroke Clinic (Jennifer)	Indoor Pool	Last class - March 14
4:00-5:15pm	Guided Meditation/All Levels Yoga (Ryan)	Yoga Studio	
4:00-5:00pm	Sailfish Swim Club (Ed)	Indoor Pool	January 31 - March 9
4:30-5:25pm	Pilates Mat Fundamentals (Zoe)	Fitness Studio	
4:30-5:55pm	\$ Adv. Jr Tennis Clinic / 12+ yrs (Rob)	Tennis	
5:00 - 5:45pm	\$ Intro to Swimming Fun (Jennifer)	Indoor Pool	Last class - March 14
5:15-6:15pm	Masters Swim (Ed)	Outdoor Pool	
5:30-6:15pm	CycleJam (India)	Cycling	
5:30 - 6:30pm	\$ Yoga for Back Care (Lauri)	Yoga Studio	March 7 - 28
6:30-7:25pm	Aquability (Jennifer)	Indoor Pool	

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WEDNESDAY	CLASS	LOCATION	NOTES
6:30-7:25am	BODYPUMP (Sheridan)	Fitness Studio	
7:00-8:00am	Zen Roller (Tim)	Yoga Studio	
8:00-9:00am	Masters Swim (Ed)	Outdoor Pool	
8:15-9:00am	\$TRX Basic Training (Yvette)	Gym	March 8 - 29
8:30-9:25am	RPM Power Ride (Georgie)	Cycling Studio	
9:00-9:55am	\$ Cardio Tennis (Rob)	Tennis	TM No Charge / HM \$20 / NM \$25
9:00-9:55am	Zumba (Casey)	Fitness Studio	
9:00-9:55am	\$ Pilates Wall Unit Clinic (Emily)	Pilates Studio	M \$35/NM \$40 (drop-in rate)
9:30-10:45am	Advanced Flow (Eryn / Lauri)	Yoga Studio	
10:00 - 10:55am	\$ Liquid Blade Runner (Suzanne)	Outdoor Pool	March 8 - 29
10:00-10:55am	Pilates Mat Intermediate/Adv (Emily)	Fitness Studio	
11:00-11:45am	Deep Water Hydrofit (Margie)	Outdoor Pool	
11:30-12:00pm	Power Lunch Ride (Yvette)	Cycling Studio	
12:00-12:30pm	CXWORX (Tim)	Fitness Studio	
12:00-12:55pm	Masters Swim (Ed)	Outdoor Pool	
12:00-12:55pm	\$ Shot of the Week Clinic (Rob)	Tennis	TM No Charge / HM \$20 / NM \$25
12:00-1:15pm	Heated vinyasa Flow (Sandi) ♪	Yoga Studio	
12:35-1:05pm	Zen Roller (Yvette)	Fitness Studio	Starts March 8th
1:30-2:25pm	\$ Pilates Wall Unit Clinic (Emily)	Pilates Studio	
4:00-4:55pm	Gentle Yoga / Sport Stretch (Yvette)	Yoga Studio	
4:30-5:25pm	Ballet Barre Works (Peter)	Fitness Studio	
5:30-6:45pm	Heated Vinyasa Flow (Tara)	Yoga Studio	
6:00-7:30pm	\$ Men's Doubles and Drills 4.0+	Tennis	TM No Charge / HM \$20 / NM \$20

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THURSDAY	CLASS	LOCATION	NOTES
6:30-7:25am	Suunto Heart Rate Training Ride (Julie)	Cycling Studio	
7:30-8:45am	Hot Yoga (Brenda)	Yoga Studio	
8:00-8:55am	Ballet Barre Works (Erin)	Fitness Studio	
8:00-9:00am	Masters Swim (Ed)	Outdoor Pool	
8:30-9:25am	RPM / Power Ride (Jen)	Cycling Studio	
9:00-9:55am	BODYPUMP (Zack)	Fitness Studio	
9:30-10:30am	All Levels Yoga (Danielle)	Yoga Studio	
11:00-11:55am	Deep Water Hydrofit (Suzanne)	Outdoor Pool	
12:00-12:55pm	BODYPUMP (Emily)	Fitness Studio	
12:00-1:00pm	Yin Yoga (Cathie)	Yoga	
2:00-3:25pm	\$ Adult Tennis Clinic (Rob & George)	Tennis	TM Free / HM \$30 / NM \$35
4:00-5:00pm	Gentle Yoga / Sport Stretch (Yvette)	Yoga	
4:00-5:25pm	\$ Soo Bahk Do / Karate Kids (Oliver)	Fitness Studio	Last class March 16, Spring session begins March 27
5:15-6:10pm	Masters Swim (Ed)	Outdoor Pool	
5:30-6:15pm	RPM Power Ride (Susan)	Cycling Studio	
6:00-7:25pm	Aquability (Jennifer)	Indoor Pool	
6:30-7:30pm	Private Group	Fitness Studio	

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FRIDAY	CLASS	LOCATION	NOTES
6:30-7:25am	Boot Camp! (Jen)	Fitness Studio	
7:00-8:00am	Gentle Yoga for Athletes (Brenda)	Yoga Studio	
8:00-9:00am	Masters Swim (Ed)	Outdoor Pool	
8:15-9:00am	Qi Gong (Cal Millar)	Yoga Studio	
8:30-9:25pm	Rythmatic Meditation (Alex)	Cycling Studio	???????????
8:30-9:25am	RPM / Power Ride (Yvette)	Cycling Studio	???????????
9:00-9:55am	BODYATTACK (Anna)	Fitness Studio	
9:00-9:55am	\$ Pilates Wall Unit Clinic (Emily)	Pilates Studio	M \$35/NM \$40 (drop-in rate)
9:30-10:30am	Weekend Warrior (Yvette)	Yoga Studio	
10:00-10:55am	\$ Lean and Mean in "17" (Brenda)	Gym	Last class - March 16
10:00-10:55am	Pilates Mat Intermediate/Adv (Emily)	Fitness Studio	
11:00-11:55am	Deep Water Hydro Fit (Margie)	Outdoor Pool	
11:00-12:25pm	\$ Tennis Men's Day 3.5+ (Rob)	Tennis	TM Free / HM \$30 / NM \$35
11:30-11:55am	BODYCOMBAT (Anna)	Fitness Studio	
12:00-12:30pm	CXWORX (Emily)	Fitness Studio	
12:30 - 1:00pm	Stretch (Emily)	Fitness Studio	
12:00-12:55pm	Masters Swim (Ed)	Outdoor Pool	
12:00-1:15pm	Heated vinyasa Flow (Sandi) ♪	Yoga Studio	
2:00-2:45pm	\$ Resistance Flexibility Stretching (Bianca)	Yoga Studio	March 10 - 31

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SATURDAY	CLASS	LOCATION	NOTES
7:45-8:40am	BODYPUMP (Anna)	Fitness Studio	
8:00-9:30am	Hot Yoga (Brenda)	Yoga Studio	
9:00-9:55am	Pilates Mat (Zoe)	Fitness Studio	
9:00-9:55am	RPM Power Ride (Yvette)	Cycling Studio	
10:00-10:55am	BODYPUMP (Zack)	Fitness Studio	
10:00-11:30am	Yoga with Healing Sound (Amy)	Yoga Studio	
2:00-3:25pm	Adult Beg. /Int. Tennis Clinic (Jamie)	Tennis	TM Free / HM \$30 / NM \$35
SUNDAY	CLASS	LOCATION	NOTES
8:30-9:55am	Suunto Heart Rate Training Ride (Julie)	Cycling Studio	
9:30-10:45am	All Levels Yoga (Dana)	Yoga Studio	
10:00-10:55am	Ballet Barre Works (Peter)	Fitness Studio	
3:00-4:15pm	Heated Vinyasa Flow (Lauri)	Yoga Studio	
3:45-4:45pm	The MELT METHOD (Shana)	Fitness Studio	March 5th
5:00-6:00pm	Restorative Yoga (Katherine)	Yoga Studio	