

Z E N E R G Y
HEALTH CLUB • SPA • BOUTIQUE

March 2017 - Zenergy Group Fitness Schedule

Monday

6:30-7:25am	BODYPUMP (Sheridan)	
8:00-8:55am	\$ Spring Sports Conditioning (Kristen)	March 20 - April 24
9:00-9:55am	Zumba (Priscilla)	
10:00-10:55am	Pilates Mat Int/Advanced (Zoe)	
11:30-11:55am	BODYCOMBAT (Anna/Sheridan)	
12:00-12:30pm	CXWORX (Tim)	
12:35-1:25pm	Zen Roller (Tim)	
3:00-3:55pm	\$Soo Bahk Do / Tiger Tots (Oliver)	Thru 3- 13/new session 3- 27
4:00-5:25pm	\$ Soo Bahk Do / Karate Kids (Oliver)	Thru 3- 13/new session 3- 27
5:30-6:30pm	\$ Aerobic Kickboxing (Oliver)	Through March 13

Tuesday

8:00-8:55am	Ballet Barre Works (Erin)	
9:00-9:55am	BODYPUMP (Emily)	
10:00-10:30am	CXWORX (Emily)	
12:00-12:55pm	BODYPUMP (Anna)	
4:30-5:25pm	Pilates Mat Beg/Int (Zoe)	
5:45-6:45pm	Eevolve Matrix (Eric)	

Wednesday

6:30-7:25am	BODYPUMP (Sheridan)	
9:00-9:55am	Zumba (Casey)	
10:00-10:55am	Pilates Mat Int/Advanced (Emily)	
12:00-12:30pm	CXWORX (Tim)	
12:35 - 1:05pm	Zen Roller (Yvette)	Starts March 8th
4:30-5:25pm	Ballet Barre Works (Peter)	

Thursday

8:00-8:55am	Ballet Barre Works (Erin)	
9:00-9:55am	BODYPUMP (Zack)	
12:00-12:55pm	BODYPUMP (Emily)	
4:00-5:25pm	\$Soo Bahk Do / Karate Kids (Oliver)	Thru 3- 13/new session 3- 27
5:30-6:25pm	Circuit/Strength Training (Zack)	Gym
6:30-7:25pm	Private Group	

Friday

6:30-7:25am	Boot Camp (Jen)	
9:00-9:55am	BODYATTACK (Anna)	
10:00-10:55am	Pilates Mat Int/Advanced (Emily)	
11:30-11:55am	BODYCOMBAT (Anna/Sheridan)	
12:00-12:30pm	CXWORX (Emily)	
12:30-1:00pm	Stretch (Emily)	

Saturday

7:45-8:40am	BODYPUMP (Anna)	
9:00-9:55am	Pilates Mat (Zoe)	
10:00-10:55am	BODYPUMP (Zack)	

Sunday

10:00-10:55am	Ballet Barre Works (Peter)	
3:45-4:45pm	\$The Melt Method (Shana)	March 5th