

March

2018

Group Fitness Schedule

www.moodyciviccenter.com

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|--|--|--|--|--|
| | | | | 1 10:30a Seniors-Trish 6:30p Yoga - Tom | 2 6:15a Spin – Tom 5:00p Boot Camp - Lori | 3 9:00a Boot Camp – Lori 10:30a Pilates-Trish |
| 4 | 5 | 6 10:30a Seniors-Trish 5:30p Yoga-Maggie 6:30p Tabata-Maggie | 7 6:15a Spin-Maggie 5:30p Yoga-Maggie 6:30p Spin-Maggie Free PM Spin Class | 8 10:30a Seniors-Trish 6:30p Yoga - Tom | 9 6:15a Spin – Tom 5:00p Boot Camp - Lori | 10 9:00a Boot Camp – Lori 10:30a Pilates-Trish |
| 11 | 12 | 13 10:30a Seniors-Trish 5:30p Yoga-Maggie 6:30p Tabata-Maggie | 14 6:15a Spin-Maggie 5:30p Yoga-Maggie 6:30p Spin-Maggie | 15 10:30a Seniors-Trish 6:30p Yoga - Tom | 16 6:15a Spin – Tom 5:00p Boot Camp - Lori | 17 9:00a Boot Camp – Lori 10:30a Pilates-Trish |
| 18 | 19 | 20 10:30a Seniors-Trish **No Yoga or Tabata** | 21 6:15a Spin-Maggie 5:30p Yoga-Maggie 6:30p Spin-Maggie | 22 10:30a Seniors-Trish 6:30p Yoga - Tom | 23 6:15a Spin – Tom 5:00p Boot Camp - Lori | 24 9:00a Boot Camp – Lori **No Pilates** |
| 25 | 26 | 27 **No Senior Class** 5:30p Yoga-Maggie 6:30p Tabata-Maggie | 28 6:15a Spin-Maggie 5:30p Yoga-Maggie 6:30p Spin-Maggie | 29 **No Senior Class** 6:30p Yoga - Tom | 30 6:15a Spin – Tom 5:00p Boot Camp - Lori | 31 9:00a Boot Camp – Lori **No Pilates** |
| | | | | | | |

| | | | | | | |
|--|--|--|--|--|--|--|
| | | | | | | |
|--|--|--|--|--|--|--|