

March 2020



3000 E. State Blvd., Fort Wayne
If you have questions about classes, call 260-373-4151.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 12-12:45 PM--ZUMBA® (HI)	2 5:30-6:20 AM—PiYo (ME) 8:15-8:55 AM—Str. Training (P) 9-9:40 AM—Cardio Combo (P) 2-2:40 PM—Chair Yoga (HN) 4-4:45 PM—ESP (KE) 5:30-6:15 PM—ZUMBA® (HI) 6:20-7 PM—Strength Training (HI)	3 5:30-6:15 AM—Cardio/Wt. Combo (B) 9:10-9:40 AM—Groove 'N' tone (P) 9:45-10:15 AM—Barre (P) *1-2:00 PM—The Climb (K) *3:00-4:00 PM—Weights & Mats (K) 5:30-6:15 PM—Step up & Wind Down (K)	4 9-9:40 AM—Cycle 'N' Tone (P) 9-9:45 AM—Total Fit (HN) 9:45-10:15 AM—Pilates (P) 10:30-11:15— MASTERS Circuit (BO) 12-1:00 PM—Beginner Yoga (ME) 5:30-6:15 PM—ZUMBA® (HI) 6:20-7 PM—Strength Training (HI)	5 5:30-6:15 AM—Tabata (B) 8-8:55 AM—Slow Yoga (ME) 9-9:40 AM—Fitness Mix (P) 9:45-10:15 AM—Core 'N' More (P) *11:30-12:30 PM—The Climb (BO) *3:00-4:00 PM—Weights & Mats (K) 6-6:45 PM—Zumba (HI)	6 5:30-6:15 AM—Pedal Power (B) 5:30-6:20 AM—PiYo® (ME) 9-9:40 AM—Strength Training (P) 9:45-10:20 AM—Groove 'N' Tone (P) 1-2:00 PM—Fit Yoga (HN) 5:30-6:15 PM—ZUMBA® (HI) 6:20-7 PM—Strength Training (HI)	7 9:00-9:45 AM—Fitness Mix (P) 9:45-10:15 AM—Barre (P)
8 11-11:45 AM—De-stress Yoga (HE) 12-12:45 PM--ZUMBA® (HI)	9 5:30-6:20 AM—PiYo (ME) 8:15-8:55 AM—Str. Training (P) 9-9:40 AM—Cardio Combo (P) 2-2:40 PM—Chair Yoga (HN) 4-4:45 PM—ESP (KE) 5:30-6:15 PM—ZUMBA® (HI) 6:20-7 PM—Strength Training (HI)	10 5:30-6:15 AM—Cardio/Wt. Combo (B) 9:10-9:40 AM—Groove 'N' tone (P) 9:45-10:15 AM—Barre (P) *1-2:00 PM—The Climb (K) *3:00-4:00 PM—Weights & Mats (K) 5:30-6:15 PM—Step up & Wind Down (K)	11 9-9:40 AM—Cycle 'N' Tone (P) 9-9:45 AM—Total Fit (HN) 9:45-10:15 AM—Pilates (P) 10:30-11:15— MASTERS Classic (BO) 12-1:00 PM—Beginner Yoga (ME) 5:30-6:15 PM—ZUMBA® (HI) 6:20-7 PM—Strength Training (HI)	12 5:30-6:15 AM—Tabata (B) 8-8:55 AM—Slow Yoga (ME) 9-9:40 AM—Fitness Mix (P) 9:45-10:15 AM—Core 'N' More (P) *11:30-12:30 PM—The Climb (BO) *3:00-4:00 PM—Weights & Mats (K) 6-6:45 PM—Zumba (HI)	13 5:30-6:15 AM—Pedal Power (B) 5:30-6:20 AM—PiYo® (ME) 9-9:40 AM—Strength Training (P) 9:45-10:20 AM—Pedal Power (P) 1-2:00 PM—Fit Yoga (HN) 5:30-6:15 PM—ZUMBA® (HI) 6:20-7 PM—Strength Training (HI)	14 9:00-9:40 AM—Zumba Toning (B) 9:45-10:15 AM—Abs & Glutes (B)
15	16 5:30-6:20 AM—PiYo (ME) 8:15-8:55 AM—Str. Training (P) 9-9:40 AM—Cardio Combo (P) 2-2:40 PM—Chair Yoga (HN) 4-4:45 PM—ESP (KE)	17 5:30-6:15 AM—Cardio/Wt. Combo (B) 9:10-9:40 AM—Groove 'N' tone (P) 9:45-10:15 AM—Barre (P) *1-2:00 PM—The Climb (KE) *3:00-4:00 PM—Weights & Mats (K) 5:30-6:15 PM—Step up & Wind Down (K)	18 9-9:40 AM—Cycle 'N' Tone (P) 9-9:45 AM—Total Fit (HN) 9:45-10:15 AM—Pilates (P) 10:30-11:15— MASTERS Circuit (BO) 12-1:00 PM—Beginner Yoga (ME)	19 5:30-6:15 AM—Tabata (B) 8-8:55 AM—Slow Yoga (ME) 9-9:40 AM—Fitness Mix (P) 9:45-10:15 AM—Core 'N' More (P) *11:30-12:30 PM—The Climb (BO) *3:00-4:00 PM—Weights & Mats (K)	20 5:30-6:15 AM—Pedal Power (B) 5:30-6:20 AM—PiYo® (ME) 9-9:40 AM—Strength Training (P) 9:45-10:20 AM—Groove 'N' Tone (P) 1-2:00 PM—Fit Yoga (HN)	21 9:00-9:40 AM—Groove 'N' Tone (P) 9:45-10:15 AM—Pilates (P)
22 11-11:45 AM—De-stress Yoga (HE)	23 5:30-6:20 AM—PiYo (ME) 8:15-8:55 AM—Str. Training (P) 9-9:40 AM—Cardio Combo (P) 2-2:40 PM—Chair Yoga (HN) 4-4:45 PM—ESP (KE) 5:30-6:15 PM—ZUMBA® (HI) 6:20-7 PM—Strength Training (HI)	24 5:30-6:15 AM—Cardio/Wt. Combo (B) 9:10-9:40 AM—Groove 'N' tone (P) 9:45-10:15 AM—Barre (P) *1-2:00 PM—The Climb (KE) *3:00-4:00 PM—Weights & Mats (K) 5:30-6:15 PM—Step up & Wind Down (K)	25 9-9:40 AM—Cycle 'N' Tone (P) 9-9:45 AM—Total Fit (HN) 9:45-10:15 AM—Pilates (P) 10:30-11:15— MASTERS Classic (BO) 5:30-6:15 PM—ZUMBA® (HI) 6:20-7 PM—Strength Training (HI)	26 8-8:55 AM—Slow Yoga (SN) *11:30-12:30 PM—The Climb (BO) *3:00-4:00 PM—Weights & Mats (K) 6-6:45 PM—Zumba (HI)	27 5:30-6:20 AM—Strength Yoga (SN) 1-2:00 PM—Fit Yoga (HN) 5:30-6:15 PM—ZUMBA® (HI) 6:20-7 PM—Strength Training (HI)	28
29 12-12:45 PM--ZUMBA® (HI)	30 5:30-6:20 AM—Strength Yoga (SN) 2-2:40 PM—Chair Yoga (HN) 5:30-6:15 PM—ZUMBA® (HI) 6:20-7 PM—Strength Training (HI)	31 All Aerobics Classes are cancelled for the day		Instructors are subject to change: (B) Becky, (BO) Bob, (HN) Helen, (HI) Hitomi, (J) Jim, (ME) Michele, (P) Pam, (SN) Shannon, (K) Kirsten, (KE) Keith, (HE) Heather	PiYo® is a registered trademark of Beachbody LLC. Zumba® is a registered trademark of Zumba Fitness LLC.	*See description on back for details.