

# Rollingwood Class Schedule

## March 2010

M-F: 5:30am-10pm; S/Su 7am-9pm

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:30am COREPower Dawn		COREPower & Strength- Dawn				
	5:45am	SPIN Ann 5:45am			SPIN Don 5:45am		
	7:45am	FitWalk On the Trail Joilynn					
	8:00am YOGA Lancy		YOGA Melanie		BODYFLOW Melanie	YOGA Jeannette	
	8:15am		SPIN Sara				
	8:30am	TAI CHI Showen		TAI CHI Showen			
	9:00am						SUNDAY SPIN Dawn
	9:15am BODYPUMP Affi		BODYPUMP Melanie		BODYPUMP Melanie	STEP MIX Affi	
	9:30am CIRCUIT BREAK Mary	PILATES MAT Sara	CIRCUIT BREAK Mary	PILATES MAT Sara			
	10:00am						BODYFLOW Affi
	10:15am					BODYPUMP Affi	
	10:30am ZUMBA Affi	20/20/20 Paula	ReVive Paula	ZUMBA Affi	JOINTS IN MOTION Kate		11:00am POWER YOGA Affi
	11:30am PERFECT BALANCE Mary				CHAIR JOGA Jeannette		
	4:30pm Teen SPIN & Pilates Ages 12 & up - Dawn			BODYFLOW Christelle		<b>New BODYFLOW Classes</b> Mon/Wed 7:15pm Thursdays 4:30pm Fridays 8:00am Sundays 10:00am	
	5:15pm		TURBO KICK Affi				
	6:00pm BODYPUMP Melanie	ZUMBA Lisa	BODYPUMP Affi	STEP MIX AFFI	ZUMBA Affi	<b>BODYPUMP #73 Launch &amp; Party! Saturday, March 27 10:15am</b>	
	6:00pm	SPIN Sara		SPIN Sara			
	7:15pm BODYFLOW Paula	YOGA Jeannette	BODYFLOW Affi	YOGA Jeannette			

Group Exercise Classes