




**Getting Ready for Spring!**  
**March 2019 • Group X Schedule**  
*Exercise Classes in the Concrete Theatre*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b>	<b>2</b>  8:00 a.m. Zumba 3:00 Mardi Gras
<b>3</b>	<b>4</b> 5:30 p.m. Workout for Weight Loss	<b>5</b> 4:30 p.m. Cardio Pump	<b>6</b> 5:30 p.m. Pump Plus	<b>7</b> 4:30 p.m. PiYo	<b>8</b>	<b>9</b> 8:00 a.m. Zumba
<b>10</b>	<b>11</b> 5:30 p.m. Workout for Weight Loss	<b>12</b> 4:30 p.m. Cardio Pump	<b>13</b> 5:30 p.m. Pump Plus	<b>14</b> 4:30 p.m. PiYo	<b>15</b>	<b>16</b>  8:00 a.m. Zumba
<b>17</b>	<b>18</b> 5:30 p.m. Workout for Weight Loss	<b>19</b> 4:30 p.m. Cardio Pump	<b>20</b>  5:30 p.m. Pump Plus	<b>21</b> 4:30 p.m. PiYo	<b>22</b>	<b>23</b> <i>No Class – do your homework!!</i>
<b>24</b>	<b>25</b> 5:30 p.m. Workout for Weight Loss	<b>26</b> 4:30 p.m. Cardio Pump	<b>27</b> 5:30 p.m. Pump Plus	<b>28</b> 4:30 p.m. PiYo	<b>Apr. 1</b>	<b>Apr. 2</b> 8:00 a.m. Zumba

**Group Exercise Classes**  
*with a theatrical flair*

Have fun, get fit - this could be the best stage of your life! Your first class is free; all equipment provided.

**Cardio Pump:** Quick combos of calorie-crunching cardio exercises using bands, tubing and light weights, followed by a triple round of muscle moves with heavy bars. You'll be surprised what you can do in just 45 minutes of focused exercise.

**PiYo:** Not quite Pilates and not quite yoga, PiYo is a series of fun exercises that build your strength, flexibility and balance. No impact, no equipment, no shoes needed. (Bring a yoga mat if you have one.) This class will leave you feeling amazing.

**Pump Plus:** Total weight-training with bars, dumbbells and other equipment, focusing on all the major muscle groups, *plus* a burst of cardio.

**NEW! Workout for Weight Loss**

Get fit for spring with this once-a-week workout that's designed for maximum, non-stop calorie-burning. Rev up your metabolism with 30 minutes of cardio intervals and 30 minutes of fast-paced weight-training using light to medium bars and dumbbells. Choose low or high impact, modify as needed, just keep moving for best results.

**Zumba:** High energy cardio party using a variety of music styles, from pop to Latin and beyond. Learn new patterns and rhythms that will astound your friends and family! ☺