

Aerobic Schedule for March 2010

If you would like to know who is teaching the classes, call the club at 248-642-8500. All Schedules are subject to change due to unforeseen circumstances.

Go To: [Aerobic Schedule](#) | [Spin Schedule](#) | [Aqua Aerobic Schedule](#) | [Pilates Schedule](#) | [Yoga Schedule](#)

New Classes and Changes in Schedule are highlighted in RED

*** New Zumba Class - Tuesday 4:30pm***

Zumba Pop w/Bells - Zumba dance format with top 40 music. Then kettlebell swing workout.

SUNDAY	MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY
	1 5:45a Boot Camp 8:30a Weight+ Pilates 9:30a Lo Impact 10:30a The Barre Class 12:30p MuscleMax Light 5:30p Step 6:30p Cardio Climb 7:30p Ashtanga Yoga	2 6a Pilates 8:15a CardioDance+Abs 9:15a MuscleMax+ 10:30a Hatha Yoga 4:30p Zumba 5:30p Muscle Max 6:30p Zumba Pop w/Bells 6:30p Kickboxing (gym) 7:30p STRETCH	3 6:00a Boot Camp 7:30a Hatha Yoga 8:30a Pilates 9:30a Cardio Bootcamp 10:30a Muscle-Core Fusion 12:30p MuscleMax-Light 5:30p ZUMBA 6:15p Pilates Intro 6:30p Mat + Pilates 7:30p Vinyassa Yoga	4 5:45a Abs 6a Boot Camp 7:00am MuscleMax 8:15a Cardio Dance 9:15a Muscle Max Plus 10:30a Hatha Yoga 5:30p Interval Blast 6:30p Kick-Box (gym) 6:30p Hi/Lo	5 6a Wakeup&Flow Yoga 8:15a Hatha Yoga 9:15a Zumba 10:15a Step & Weights 5:30p ICE 6:30p Yoga Fusion	6 7a Cardio 8a Hatha Yoga 9a Step 9a Hi-Lo (party rm) 10a Pilates 11a Zumba 12p <u>Yoga Moms</u>
7 7:30a Pilates 8:30a Circuit 9:30a Step 10:30a Vinyassa Yoga	8 5:45a Boot Camp 8:30a Weight+Pilates 9:30a Lo Impact 10:30a The Barre Class 12:30p MuscleMax Light 5:30p Step 6:30p Cardio Climb 7:30p Ashtanga Yoga	9 6a Pilates 8:15a CardioDance+Abs 9:15a MuscleMax+ 10:30a Hatha Yoga 4:30p Zumba 5:30p Muscle Max 6:30p Zumba Pop w/Bells 6:30p Kickboxing (gym) 7:30p STRETCH	10 6:00a Boot Camp 7:30a Hatha Yoga 8:30a Pilates 9:30a Cardio Bootcamp 10:30a Muscle-Core Fusion 12:30p MuscleMax-Light 5:30p ZUMBA 6:15p Pilates Intro 6:30p Mat + Pilates 7:30p Vinyassa Yoga	11 5:45a Abs 6am Boot Camp 7am MuscleMax 8:15a Cardio Dance 9:15a Muscle Max Plus 10:30a Hatha Yoga 5:30p Interval Blast 6:30p KickBox (gym) 6:30p Hi/Lo	12 6a Wakeup&Flow Yoga 8:15a Hatha Yoga 9:15a Zumba 10:15a Step & Weights 5:30p ICE 6:30p Yoga Fusion	13 7a Cardio 8a Hatha Yoga 9a Step 9a Hi-Lo (party rm) 10a Pilates 11a Zumba 12p <u>Yoga Moms</u>
14 7:30a Pilates 8:30a Circuit 9:30a Step 10:30a Vinyassa Yoga	15 5:45a Boot Camp 8:30a Weight+ Pilates 9:30a Lo Impact 10:30a The Barre Class 12:30p MuscleMax Light 5:30p Step 6:30p Cardio Climb 7:30p Ashtanga Yoga	16 6a Pilates 8:15a CardioDance+Abs 9:15a MuscleMax+ 10:30a Hatha Yoga 4:30p Zumba 5:30p Muscle Max 6:30p Zumba Pop w/Bells 6:30p Kickboxing (gym) 7:30p STRETCH	17 6:00a Boot Camp 7:30a Hatha Yoga 8:30a Pilates 9:30a Cardio Bootcamp 10:30a Muscle-Core Fusion 12:30p MuscleMax-Light 5:30p ZUMBA 6:15p Pilates Intro 6:30p Mat + Pilates 7:30p Vinyassa Yoga	18 5:45a Abs 6a Boot Camp 7:00am MuscleMax 8:15a Cardio Dance 9:15a Muscle Max Plus 10:30a Hatha Yoga 5:30p Interval Blast 6:30p Kick-Box (gym) 6:30p Hi/Lo	19 6a Wakeup&Flow Yoga 8:15a Hatha Yoga 9:15a Zumba 10:15a Step & Weights 5:30p ICE 6:30p Yoga Fusion	20 7a Cardio 8a Hatha Yoga 9a Step 9a Hi-Lo (party rm) 10a Pilates 11a Zumba 12p <u>Yoga Moms</u>
21 7:30a Pilates 8:30a Circuit 9:30a Step 10:30a Vinyassa Yoga	22 5:45a Boot Camp 8:30a Weight+Pilates 9:30a Lo Impact 10:30a The Barre Class	23 6a Pilates 8:15a CardioDance+Abs 9:15a MuscleMax+ 10:30a Hatha Yoga	24 6:00a Boot Camp 7:30a Hatha Yoga 8:30a Pilates 9:30a Cardio Bootcamp	25 5:45a Abs 6am Boot Camp 7am MuscleMax 8:15a Cardio Dance	26 6a Wakeup&Flow Yoga 8:15a Hatha Yoga 9:15a Zumba 10:15a Step & Weights	27 7a Cardio 8a Hatha Yoga 9a Step 9a Hi-Lo (party rm)

	12:30p MuscleMax Light	4:30p Zumba	10:30a Muscle-Core Fusion	9:15a Muscle Max Plus	10a Pilates
	5:30p Step	5:30p Muscle Max	12:30p MuscleMax-Light	10:30a Hatha Yoga	11a Zumba
	6:30p Cardio Climb	6:30p Zumba Pop w/Bells	5:30p ZUMBA	6:30p Yoga Fusion	12p Yoga Moms
	7:30p Ashtanga Yoga	6:30p Kickboxing (gym)	6:15p Pilates Intro	5:30p Interval Blast	
		7:30p STRETCH	6:30p Mat + Pilates	6:30p KickBox (gym)	
			7:30p Vinyassa Yoga	5:30p Hi/Lo	
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7:30a Pilates					
8:30a Circuit					
9:30a Step					
10:30a Vinyassa Yoga					