

# Fitness Center Class Schedule

# MARCH 2025

## MONDAYS

- Vital Moves – Strength Training – 8:00am-8:50am w/Jacqueline
- Vital Moves – Pilates: Level 1 – 9:00am-9:50am w/Jacqueline
- Yoga Nidra – 5:00pm – 6:00pm w/ Tanya

## TUESDAYS

- Soul Fitness – Whole Body Sports Conditioning: 7:45am-8:45am w/John
- Vital Moves – Sit or Stand (LoMix): 10:30am – 11:20am w/Janis
- Vital Moves – TRX: 1:10pm – 2:00pm w/(Janis) **\*requires registration via Vital Moves website, vitalmoves.net\***

## WEDNESDAYS

- Vital Moves – Step & Strength: 7:30am – 8:20am w/Jacqueline
- Vital Moves – Posture & Balance: 8:45am – 9:35am w/Janis
- Vital Moves – Strength Training: 10:00am – 10:50am w/Jacqueline
- Zumba: 11:00am – 12:00pm w/Bri
- Sound Bath: 5:00pm – 5:45pm w Bridget **\*Every 2ND Wednesday of the month/ requires registration via Bridget's email, bridgetbonner@rocketmail.com\***

## THURSDAYS

- Soul Fitness – Mobility Through Yoga: 8:00am-9:00am w/Kathleen
- Chair Yoga: 12:30pm – 1:20pm w/Tanya **\*requires registration via Tanya's email, tanyafagetan@yahoo.com**
- Zumba: 2:00pm – 3:00pm w/Bri
- Vinyasa/Restore Yoga: 3:30pm – 4:20pm w/ Tanya

## FRIDAYS

- Vital Moves – Cardio Drumming - 8:00am-8:45am w/Janis
- Vital Moves – TRX - 9:10am-10:00am w/Janis **\*requires registration via Vital Moves website, vitalmoves.net\***
- Vital Moves – Pilates: Mixed Level - 10:30am-11:20am w/Jacqueline
- Zumba – 1:00pm – 2:00pm w/Bri
- Chair Yoga: 2:30pm – 3:20pm w/Tanya **\*requires registration via Tanya's email, tanyafagetan@yahoo.com**

## SATURDAYS

- Soul Fitness – Whole Body Sports Conditioning: 7:30am – 8:30am w/John
- Vinyasa Yoga: 9:00am – 9:55am w/Bridget **\*requires registration via Bridget's email, bridgetbonner@rocketmail.com\***
- Soul Fitness – Mobility Through Yoga: 10:30am – 11:30am w/Kathleen
- Zumba: 12:00pm – 1:00pm w/Bri

## SATURDAYS

- Zumba: 12:00pm – 1:00pm w/Bri