



MARCH 2010 – GROUP FITNESS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4	5
	9 am Yogalates 10 am Zumba 6 pm Cardio / Sculpt 7 pm Zumba	10 am Boot Camp 5:30 pm Registered Yoga 7 pm Guts & Butts	9 am Yogalates 10 am Zumba 6 pm Zumba 7 pm Yogalates	10 am Boot Camp 7 pm Guts & Butts	9 am Core & More
7	8	9	10	11	12
7 pm Zumba Basics	9 am Yogalates 10 am Zumba 6 pm Cardio / Sculpt 7 pm Zumba	10 am Boot Camp 5:30 pm Registered Yoga 7 pm Guts & Butts	9 am Yogalates 10 am Zumba 6 pm Zumba 7 pm Yogalates	10 am Boot Camp 7 pm Guts & Butts	9 am Core & More
14	15	16	17	18	19
7 pm Zumba Basics	9 am Yogalates 10 am Zumba 6 pm Cardio / Sculpt 7 pm Zumba	10 am Boot Camp 5:30 pm Registered Yoga 7 pm Guts & Butts	9 am Yogalates 10 am Zumba 6 pm Zumba 7 pm Yogalates	10 am Boot Camp 7 pm Guts & Butts	9 am Core & More
21	22	23	24	25	26
7 pm Zumba Basics	9 am Yogalates 10 am Zumba 6 pm Cardio / Sculpt 7 pm Zumba	10 am Boot Camp 5:30 pm Registered Yoga 7 pm Guts & Butts	9 am Yogalates 10 am Zumba 6 pm Zumba 7 pm Yogalates	10 am Boot Camp 7 pm Guts & Butts	9 am Core & More
28	29	30	31		
7 pm Zumba Basics	9 am Yogalates 10 am Zumba 6 pm Cardio / Sculpt 7 pm Zumba	10 am Boot Camp 5:30 pm Registered Yoga 7 pm Guts & Butts	9 am Yogalates 10 am Zumba 6 pm Zumba 7 pm Yogalates	Schedules are available at the front desk and on-line at ci.lapeer.mi.us/pr_aerobics.htm	