

# March 2010 New Millennium Class Schedule

Mon	Tue	Wed	Thu	Fri	Sat
1 10:30am-Silver Sneakers-Brenda 12:10pm Yoga-Maggie 6:00pm Fat Burner-Alicia 6:30pm Body Tone-Alicia 7:00pm Muscle Pump Extreme-Traci	2 8am Body Tone-Brenda 12:10pm Conditioning-Valerie 5:30pm Intro to Step-Brenda 5:45pm Step-Brenda 7:15pmYoga-Maggie	3 6:00am Abs & Back-Brenda 10:30am Silver Sneakers-Valerie/Terry 6:00pm Zumba-Terry 7:00pm Kickboxing-Traci	4 8:00am Stretch & Tone-Brenda 12:10pm Conditioning-Valerie 6:00pm Fat Burner-Alicia 7:00pm Night Club Jam-Terry	5 12:10pm Stretch & Flex-Valerie	6 8:00am Zumba-Terry 9:00am Step Circuit-Najah 10:00am Equipment Orientation-Rick
8 10:30am-Silver Sneakers-Brenda 12:10pm Yoga-Maggie 6:00pm Fat Burner-Alicia 6:30pm Body Tone-Alicia 7:00pm Muscle Pump Extreme-Traci	9 8am Body Tone-Brenda 12:10pm Conditioning-Valerie 5:30pm Intro to Step-Brenda 5:45pm Step-Brenda 7:15pmYoga-Maggie	10 6:00am Abs & Back-Brenda 10:30am Silver Sneakers-Valerie/Terry 6:00pm Zumba-Terry 7:00pm Kickboxing-Traci	11 8:00am Stretch & Tone-Brenda 12:10pm Conditioning-Valerie 6:00pm Fat Burner-Alicia 7:00pm Night Club Jam-Terry	12 12:10pm Stretch & Flex-Valerie	13 8:00am Zumba-Terry 9:00am Step Circuit-Alicia 10:00am Equipment Orientation-Rick
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