



March 2024 Group Fitness Schedule

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------|-------------------------------|-----------------------------------|-----------------------------|-----------------------------------|-------------------------------|
| 7:00 – 7:50 am | | | | | |
| 8:00 - 8:50 am | Step Aerobics (Hannah) | Cardio Blast (Zach) | Tone Time (Carrie) | Cardio Blast (Zach) | Friday Funday (Hannah) |
| 9:00 – 9:50 am | Butts & Guts (Zach) | Mat Pilates (Carrie) | Cardio Bands (Chad) | Mat Pilates (Carrie) | Power Circuit (Carrie) |
| 10:00 - 10:50 am | Strength & Length (Carrie) | Easy Flow Yoga (Leah) | Mobility (Zach) | Easy Flow Yoga (Leah) | Strength & Length (Carrie) |
| 11:00 - 11:50 pm | Senior Circuit (Chad) | Silver Sneakers Classic (Chad) | Senior Circuit (Chad) | Silver Sneakers Classic (Chad) | Senior Circuit (Chad) |
| 12:10 - 12:50 pm | Cardio Bands (Chad) | Tabata (Carrie) | Cardio Bands (Chad) | Tabata (Carrie) | Cardio Bands (Chad) |
| 1:00 - 1:30 pm | | | | | |
| 4:15 - 5:15 pm | Move & Groove (Brittany) | Yoga - Class Choice (Leah) | Move & Groove (Brittany) | Yoga - Class Choice (Leah) | |

Classes are subject to changes or cancellations

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