

## MARCH SCHEDULE 2010

All classes are 50 minutes unless otherwise noted.

### MONDAY

9:45am	<b>Soma Movement/At the Barre*</b> (CR)	All Levels	Lauren
11:00am	Yoga - Sweet Stretch & Flexibility	All Levels	Brooke
6:00pm	Yoga for Athletes - Strength Training, Agility & Flexibility	All Levels	Brooke
7:00pm	<b>Pilates Mat</b>	All Levels	Julianna

### TUESDAY

9:45am	<b>Soma Movement/At the Barre*</b> (CR)	All Levels	Robin
12:00pm	<b>Pilates Mat</b> (Subbed by Eileen 3/23 & 3/30)	All Levels	Stephanie
7:00pm	<b>Yoga Vinyasa</b> (Subbed by Brooke 3/9)	All Levels	Betsy

### WEDNESDAY

6:00pm	<b>Yoga Vinyasa</b> (Subbed by Denise 3/3 & 3/10)	All Levels	Betsy
7:00pm	<b>NEW Yogalates</b>	All Levels	Amy

### THURSDAY

9:00am	<b>Pilates Mat</b>	All Levels	Eileen
10:00am	<b>Soma Movement/At the Barre</b> (CR)	All Levels	Lauren
6:00pm	<b>Zumba</b>	All Levels	Sarah
7:00pm	<b>Fit Pilates Soma-Style</b> (Subbed by Julianna 3/18)	All Levels	Eileen

### FRIDAY

6:00pm	<b>Zumba</b>	All Levels	Virginia
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### SATURDAY

8:30am - 9:40am	<b>The Jump-Off: Signature Mark Jenkins Fitness Class, 70-min,</b>	All Levels	Mark Jenkins
10:00am - 11:30am	<b>Yoga Iyengar Based</b>	Int/Adv	Becca

### SUNDAY

11:00am - 12:00pm	<b>Yoga Power Vinyasa</b> (No Class 2/21)	Int/Adv	Gail
12:30pm - 1:40pm	<b>The Jump-Off: Signature Mark Jenkins Fitness Class, 70-min, \$35</b>	All Levels	Mark Jenkins
3:00pm	<b>Zumba</b>	All Levels	Sarah
5:00pm	<b>Candle Light , Restorative Yoga</b>	All Levels	Brooke

**Studio Hours:** Monday - Friday: 6am-8pm. Saturday: 8am-7pm. Sunday: 10am-7pm

**Classes are subject to change without notice!**

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Mark Jenkins Jump-Off Class is \$35 for 70-minute class. Inquire at Front Desk

Packages Available; Inquire at Front Desk

(CR) = Call in advance to reserve a space must arrive within 5 minutes of start time!