

# The Miller Center Group Fitness Schedule: March 2019

Time	Room	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45am	Cycle	Cycle Erv	RPM® Sarah	Cycle Erv	Cycle Fitness on Demand	Cycle Erv	
	GF	BodyFlow® Tereza	Pure Strength Sonya	Boot Camp (Mar 6 and 20) Legs and Abs (Mar 13 and 27) Sonya	GRIT® Chuck	BodyPump® Jess J	GRIT® (7:30 AM) Chuck
8:15am	GF	BOOM Move® Heather	Sport Yoga Heather	BodyPump® Tereza	Sport Yoga Heather	Pure Strength Sonya	BodyPump® Jason
9:15am	GF	BOOM Muscle® Heather (no class Mar 11)	Zumba® Rotation	Chiseled Janice	Zumba® Rotation	BodyAttack® & BodyCombat® Kathy & Rebecca	Zumba® Rotation
	C/ Cycle		Cycle Liz	Booty Barre® (C) Kathy	Cycle Fitness on Demand	Chair Yoga (C) Dawn	RPM® Jason
	AB/ Court 1	Chair Yoga Dawn	Silver Sneakers Yoga® Sue	Silver Sneakers Circuit® Heather		Silver Sneakers Circuit® Heather	
10:15am	GF	Chiseled Liz	Core Fitness on Demand	Total Body Fitness on Demand	BodyStep® & BodyPump® Kathy & Rebecca	GRIT® Meredith	Beginner Ballet Jess H
	AB/ Cycle	Classical Yoga Dawn		Restore Rotation Silver Sneakers Yoga (Mar 6) Beginner Yoga (Mar 13) Silver Sneakers Yoga (Mar 20) Tai Chi (Mar 27)	Tai Chi® Fawn	Classical Yoga Dawn	Warrior Ride Jason
12:00pm	GF/ Cycle	Sprint® Emily	Beginner TRX Matt	Sprint® Emily	Beginner TRX Matt	Cycle Fitness on Demand	
	AB/ Court 1	Silver Sneakers Classic® Janice		Restorative Yoga Dawn	Silver Sneakers Classic® Janice		
4:15pm	GF/ Cycle	GRIT® (5:00 PM) Jess J	Sprint® & Warrior Jason	GRIT® (5:00 PM) Bob	Sprint® & Warrior Jason	Total Body Fitness on Demand	
5:30pm	GF	BodyPump® Jess J	Zumba® Rotation	BodyCombat® (Mar 6 and 20) BodyStep® (Mar 13 and 27) Rebecca/Jess J	BodyPump® Tereza	Booty Barre® Jess H	
	Cycle	Cycle Paula	Cycle Fitness on Demand	Cycle Paula	Cycle Jesse		
	AB/DE	Pilates (DE) Jess H (Mar 11 and 25)	BodyFlow® Tereza	Power Yoga Sue	Zumba® Rotation		
6:15pm	GF		BodyAttack® Kathy	Core Fitness on Demand			