



March 2017 Group Exercise Schedule



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	www.progressfitnesspa.com 717-972-0322 2201 Paxton Church Road		1 5:30 am Cycling- Hannah 9:15 am Tabata & Toning- Liza	2 10:30 am Mat Pilates Elaine 5:30 pm Cycling – Mandy 6:30 pm Zumba@- Kristen	3 10:30 am Line Dancing (advanced) Liza 11:30 am Line Dancing (Begin. 30 min.) Liza	4 8:00 am Step- Vickie 9:15 am Barre Blend- Steph 9:30 am Cycling- Jim
5 8:15 am Cycling – Liza 8:30 am HIIT- Dennis 9:30 am Zumba@ - Joy * Zumba Kids classes are 30 minutes	6 9:15 am Boot Camp Vickie 6:00 pm Zumba@ Kids Joy 6:30 pm Cycling - Liza	7 9:15 am Zumba@- Paula 5:30 pm Yoga – Sharon 6:30 pm Zumba@- Kristen	8 5:30 am Cycling -Cara 9:15 am Tabata & Toning- Liza	9 10:30 am Mat Pilates Elaine 5:30 pm Cycling – TBD 6:30 pm Zumba@- Kristen	10 10:30 am Line Dancing (advanced) Liza	11 8:00 am Tabata & Toning- Vickie 9:15 am Barre Blend- Steph 9:30 am Cycling- Ilene
12 8:15 am Cycling – Liza 8:30 am HIIT- Dennis 9:30 am Zumba@ - Joy	13 9:15 am Boot Camp Vickie 6:00 pm Zumba@ Kids Joy 6:30 pm Cycling - Liza	14 9:15 am Zumba@- Paula 5:30 pm Yoga – Sharon 6:30 pm Zumba@- Kristen	15 5:30 am Cycling- Hannah 9:15 am Tabata & Toning- Liza	16 10:30 am Mat Pilates Elaine 5:30 pm Cycling – Mandy 6:30 pm Zumba@- Kristen	17 10:30 am Line Dancing (advanced) Liza 11:30 am Line Dancing (Begin. 30 min.) Liza 	18 9:00 am - 12:00 noon Catie's Wish Workout To benefit St. Jude's Children's Research Hospital \$10 donation to join us for Zumba@, Barre Blend, Cycling and more!
19 8:15 am Cycling – Liza 8:30 am HIIT- Dennis 9:30 am Zumba@ - Joy	20 9:15 am Boot Camp Vickie 6:00 pm Zumba@ Kids Joy 6:30 pm Cycling - Liza	21 9:15 am Zumba@- Paula 5:30 pm Yoga – Sharon 6:30 pm Zumba@- Kristen	22 5:30 am Cycling- Hannah 9:15 am Tabata & Toning- Liza	23 10:30 am Mat Pilates Elaine 5:30 pm Cycling – Mandy 6:30 pm Zumba@- Kristen	24 10:30 am Line Dancing (advanced) Liza	25 8:00 am Tabata & Toning- Vickie 9:15 am Pi-Yo- Sharon 9:30 am Cycling- Michele
26 8:15 am Cycling – Liza 8:30 am HIIT- Dennis 9:30 am Zumba@ - Joy	27 9:15 am Boot Camp Vickie 6:00 pm Zumba@ Kids Joy 6:30 pm Cycling - Liza	28 9:15 am Zumba@- Paula 5:30 pm Yoga – Sharon 6:30 pm Zumba@- Kristen	29 5:30 am Cycling- Cara 9:15 am Tabata & Toning- Liza	30 10:30 am Mat Pilates Elaine 5:30 pm Cycling – Mandy 6:30 pm Zumba@- Kristen	31 10:30 am Line Dancing (advanced) Liza 11:30 am Line Dancing (Begin. 30 min.) Liza	Non-member drop-in rate is only \$5! And, your very first class is FREE!

