



LEXINGTON MARCH 2019 SCHEDULE

770-487-4273

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---|---|--|--|--|---|
| 5:15a | Muscle Challenge <i>Gabe</i> | HITT <i>Kendall</i> | Muscle Fusion <i>Heidi</i> | Yoga for Athletes Express <i>Heidi</i> | Muscle Challenge <i>Mary Catherine</i> | |
| 6:30a | Muscle Challenge <i>Brycie</i> | Freestyle Step <i>Brycie</i> | | | | |
| 8:15a | WQ Step <i>Linda</i> | POWER Vinyasa YOGA <i>Amber</i> | HIIT Express <i>Andi/Megan B</i> | WQ Transform <i>Lyndsay</i> | WQ Step <i>Linda</i> | WQ Sport <i>Nicole</i> |
| 9:20a | MUSCLE CHALLENGE <i>Linda</i> | WQ Power Mix <i>Linda</i> | Pilates Mat Plus <i>Renee R.</i> <i>(Extended 75 min class)</i> | WQ Power Mix <i>Linda</i> | MUSCLE CHALLENGE <i>Carrie</i> | 9:15am WQ Power <i>Nicole</i> |
| 10:30a | ZUMBA fitness <i>Mike</i> | WQ Power Mix <i>Beth</i> | 10:40am Senior Challenge Express <i>Thebither</i> | Heart Smart <i>Lois</i> | Heart Smart Muscle and Mind <i>Katie</i> | 10:20am YOGA <i>Jennifer</i> <i>(75 min)</i> |
| 11:30a | 11:45am Senior Challenge <i>Thebither</i> | GENTLE YOGA <i>Sonya</i> | POWER Vinyasa YOGA <i>Melinda</i> | Gentle Yoga <i>Sonya</i> | Pilates Mat Plus <i>Renee R.</i> <i>(Extended 75 min class)</i> | 11:45am ZUMBA fitness <i>Alice</i> |
| 4:30p | MUSCLE CHALLENGE <i>Tiffany</i> | 4:15pm Yoga <i>Jennifer</i> | | 4:15pm WQ Transform <i>Lyndsay/Natalie</i> | | |
| 5:30p | HITT <i>Andi/Amber</i> | CARDIO SCULPT <i>Cathy A</i> | Muscle Fusion <i>Amber</i> | WQ Step <i>Tamara</i> | | |
| 6:30p | 7pm: YOGA <i>Sue</i> | ZUMBA fitness <i>Tatyana</i> | ZUMBA fitness <i>Alena</i> | ZUMBA fitness <i>Mike</i> | | |
| 7:30p | | | Candlelight YOGA <i>Natalie</i> | | | |

STUDIO "B"

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------|--|---|--|--|---|----------|
| | **7:30am Yoga <i>Heidi</i> | 9:20AM *SILVERSNEAKERS Classic <i>Julie</i> | **7am Yoga <i>Natalie</i> | 9:20am Stretch <i>Lois</i> | **7am Yoga <i>Natalie</i> | |
| 10:30am | Senior Challenge <i>Thebither</i> | 10:25am Stretch <i>Julie</i> | *SILVERSNEAKERS Classic <i>Scott</i> | *SILVERSNEAKERS Classic <i>Natalie</i> | Senior Challenge <i>Thebither</i> | |
| 11:45am | *SILVERSNEAKERS Classic <i>Heidi</i> | | *SILVERSNEAKERS Classic <i>Natalie</i> | 11:30am Chair Yoga <i>Natalie</i> | 11:30am Senior Challenge <i>Thebither</i> | |

AQUA SCHEDULE

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---|---|--|--|------------------------------------|--|
| 8:15a | *AQUA FIT <i>Val</i> | *SWIMFIT <i>David</i> | *AQUA FIT <i>Mary Carol</i> | *SWIMFIT <i>David</i> | *AQUA FIT <i>Lois</i> | |
| 9:15a | *WATER WORKS <i>Lisa</i> | | *WATER WORKS <i>Lisa</i> | | *WATER WORKS <i>Lois</i> | *WATER WORKS <i>Mary-Carol</i> |
| 10:15a | *A LIGHTER SPLASH <i>Lisa</i> | *SILVERSPLASH <i>Margaret</i> | *A LIGHTER SPLASH <i>Rebecca</i> | *SILVERSPLASH <i>Lisa</i> | | |
| 5:30p | * WATER WORKS <i>LeeAnn</i> | | * WATER WORKS <i>Mary Carol</i> | ***Pool/Hot Tub is closed for cleaning every Mon/Wed/Fri from 2:15pm-3:15pm | | |