

## March Fitness Class Schedule

Studios Phone: 935-6752  
TF Fit Ctr Phone: 935-6740

Hrs: MW 7am-noon; M/W 3-5pm;  
T/Th/Fri/Sat 8am-noon

All Classes \$5.00 (\$3.75 w/prepaid package ) unless specified  
Guests may not use discounted package

	Studio #1	Studio #2	Studio #3			
Starts	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00	Ann's Combo w/ Ann		Ann's Combo w/ Ann			
8:00	Hydro Challenge w/ Sue (Indoor Pool)	Hydro Challenge w/ Janet (Indoor Pool)	Hydro Challenge w/ Sue (Indoor Pool)	Aqua Zumba w/Isela (Indoor Pool)		
	Classic Aerobics w/ Ann	Butts & Guts w/ Sonia	Classic Aerobics w/ Ann	Butts & Guts w/Sonia	Classic Aerobics w/Ann	
	Strictly Strength w/ Sonia	Yoga Core & More w/ Alan	Strictly Strength w/ Sonia	Yoga Core & More w/ Alan	Strictly Strength w/ Sonia	
	Tai Chi Essentials w/ Charlie		Stillness in Motion w/ Charlie			
9:00		Hydro Challenge w/ Janet (Indoor Pool)			Aqua Zumba w/ Helen (Indoor Pool)	
	Strength & Conditioning w/Ann	Zumba w/ Helen	Strength & Conditioning w/ Ann	Zumba w/Tatiana	Strength & Conditioning w/Ann	Core Combo Yoga w/ Becca
	Zumba w/ Helen	Yin Yoga w/Laine	Zumba w/ Tatiana	Yin Yoga w/Laine	Zumba Toning w/ Isela	Zumba w/ Helen
	Spin Bikes Available in Studio #3					
10:00	20/20/20 w/Patti	Chair Yoga w/ Karen	20/20/20 w/Patti	Chair Yoga w/ Karen	20/20/20 w/Patti	Seated Combo w/ Becca
	Pilates w/Denise`	Strength & Mobility w/ Sonia	Pilates w/Denise`	Strength & Mobility w/ Sonia	Pilates w/Denise`	#2 Not available 10-12
	Spin Bikes Available in Studio #3					
11:00	Gentle Cardio Strength w/ Patti	Balance Plus w/ Sonia	Gentle Cardio Strength w/ Patti	Balance Plus w/Sonia	Gentle Cardio Strength w/ Patti	
	#2 Not available 11-4	Country Fitness w/Cortney	#2 Not available 11-2	#2 Not available 11 -4		#2 Not available 10-12
	Spin Bikes Available in Studio #3					
2:00						
3:00	Root Yoga w/ Laine		Yin Yoga w/ Laine	#2 Not available 11-4	Classes WILL be held on Friday and Saturday 3/29 and 3/30 (Easter weekend)	
	#2 Not available 11-4					

RESERVATIONS REQUIRED: [www.supersaas.com/schedule/login/PebbleCreek\\_Fitness/](http://www.supersaas.com/schedule/login/PebbleCreek_Fitness/)