

SPRING BREAK SCHEDULE

MARCH GROUP FITNESS THE WARHAWK WAY					
<div> RED = cardio class BLUE = mind/body PURPLE= dance fitness BLACK = muscular strength & endurance </div>					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
23	24	25	26	27	28
5:30 Kickboxing 101 9:00 WALKIN' STRONG 11:30 Cardio HipHop 12:30 Yoga 4:30 Warhawk Weights 5:30 Dynamic Flow Yoga 5:45 Spin 6:30 Zumba 6:30 GRIND @ the Barre	5:30 Swap 7:00 Slow Flow Yoga 10:30 Act. Iso.Stretch 1:00 Zumba Toning 3:00 - Zumba 4:30 Tabata	9:00 WALKIN' STRONG 11:30 Calorie Crush 4:30 BUTTS/GUTS 5:30 Yoga 5:30 Spin Plus 6:30 Zumba 6:30 GRIND	5:30 Warhawk Weights 7:00 Slow Flow Yoga 10:30 Act. Iso.Stretch 3:00 Zumba Toning 4:30 AUM-Jam 5:15 Ab Blast 6:00 Warhawk Weights	 12:30 Yoga	9:30 Zumba 10:30 Pilates
WINTER/SPRING WATER FITNESS CLASSES THE WARHAWK WAY					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AQUA-Fit	9:30 AQUA-Fit	9:30 AQUA-Fit 5:30 AQUA-Fit	9:30 AQUA-Fit 5:30 DEEP AQUA	 AUBURN-MONTGOMERY WELLNESS CENTER	

