

Total Body Wellness

MARCH 2023

Effective 03/01-03/31



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAT PILATES 7AM-8AM (B) SHARON	TOTAL BODY STRENGTH 7:30AM-8:30AM (A) LISA P		SUNRISE YOGA FLOW 6:15AM-7:15AM (B) NANCY NEW	ULTIMATE FITNESS 7:30AM-8:30AM (A) LISA P	TABATA STRENGTH 9AM-10AM (A) CATHY	HIIT 9AM-10AM (A) LIZA
VINYASA YOGA 9AM-10AM (B) NANCY	AQUA CARDIO TONE 8:30AM-9:30AM (P) ANU	VINYASA YOGA 9AM-10AM (B) DEL		BARRE FIT 9AM-10AM (MB) MISSI	VINYASA YOGA 9AM-10AM (B) DEL	VINYASA YOGA 9AM-10AM (B) NANCY
ZUMBA® 10:30AM-11:30AM (A) RUCHI **NEW TIME & SUB	ZUMBA® TONING 9:30AM-10:30AM (A) CATHY	BARRE FIT 9AM-10AM (MB) MISSI	VINYASA YOGA 9AM-10AM (B) DEL	TAI CHI 9AM-10AM (A) Setsuko	ZUMBA® 10AM-11AM (A) RUCHI ***SUB	Zumba® 10AM-11AM (A) MARIA
		CIRCUIT TRAINING 10AM-11AM (FF) VIN	MIXER 10AM-11AM (A) LISA P	BEGINNER YOGA 10AM-11AM (B/ PR) NANCY	AQUA ZUMBA® 10AM-11AM (P) DONNA	CARDIO TONE/SCULPT 10:30AM-11:30AM (MB) DEL
				AQUA TONE/CORE 12:30PM-1:30PM (P) ANU		STRONG 30 11AM-11:30AM (A) MARIA
FAMILY ZUMBA® 6PM-7PM (MB) DONNA	VINYASA YOGA 6:15PM-7:15PM (B) SHARON	INTERVAL TRAINING 6PM-7PM (A) CATHY	*305 Fitness 6pm-6:45pm Ashlee		*Pop Up Class- TBD	Studio
SPINNING® 7PM-8PM (T) PAT	TOTAL BODY STRENGTH 6PM-7PM (A) VIN	ZUMBA® 7PM-8PM (A) JEANETTE	FAMILY YOGA 6:30PM-7:30PM (PR) NITA	KIDS CONDITIONING 5:30PM-6:30PM (G) DEE-DEE	** SUB-Pam F. March 6th, 13th & 20th	Fitness Floor-FF
HATHA YOGA 7PM-8PM (MB) PRIYANKA	BOLLYWOOD FITNESS / ZUMBA® **** 7PM-8PM (A) ARCHANA / ZUMBA INSTR.	YOGA FUSION 7PM-7:45 (PR) NANCY	TOTAL BODY STRENGTH 7PM-8PM (A) LIZA	STRONG BY ZUMBA® 6:30PM-7:30PM (A) MARIA	***SUB-Jeanette March 4th, 11th & 18th	Gymnasium-G
			KIDS BOLLYWOOD 7PM-8PM (MB) ARCHANA		****Alt. every week Zumba and Bollywood	Aerobics Studio
						Upper Level- A
						Mind Body Studio
						Lower Level-MB
						Training Studio
						Lower Level- T
						Party Room
						Lobby Area -PR
						Banquet Hall-B

For more information contact the Director of Total Body Wellness at liza@usawac.com

Schedule subject to change. For updates, please check your email