


**Sunbury YMCA Group Exercise Schedule – March 2019**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY / SUNDAY
	<p>Open House March 4<sup>th</sup> Bring a Friend for FREE</p> <hr/> <p>BodyPump™ New Release 109 In Classes the Week of 3/18</p> <hr/> <p>Fitness Mash-Up Sunday 3/17</p>			3/1	<p><b>SATURDAY 3/2</b> 8:15AM Core De Force® Nichole</p> <hr/> <p><b>SUNDAY 3/3</b> 1:30PM P90x LIVE™ Nichole</p>
<p>4</p> <p>5:45AM <b>Totally Tabata</b> Roni 7:45 <b>BODYPUMP™</b> Melanie 9:00 <b>Pilates</b> Gayle 10:00 <b>ZUMBA®</b> Melanie Noon <b>Fitness Fusion</b> Adrienne</p> <p>4:30PM <b>P90x LIVE®</b> Mel B 5:30 <b>ZUMBA®</b> Alison 6:30 <b>BODYPUMP™</b> Amy T</p>	<p>5</p> <p>5:45AM <b>Cybox® Circuit</b> Christine 9:00 <b>Core De Force®</b> Melanie 10:00 <b>Stretch &amp; Core</b> Melanie</p> <p>4:30PM <b>Pilates</b> Danielle 5:30 <b>TurboKick®</b> Bria</p>	<p>6</p> <p>5:45AM <b>BODYPUMP™</b> Sheila P 7:45AM <b>Yoga</b> Gayle (<i>Rachel's Gym</i>) 9:00AM <b>Kickboxing</b> Eric 9:00 <b>ZUMBA®</b> Carissa 10:00 <b>Barre</b> Melanie Noon <b>Step</b> Melanie</p> <p>4:30PM <b>BODYPUMP™</b> Adrienne 5:15 <b>Kickboxing</b> Eric 5:30 <b>PiYo LIVE®</b> Mel B</p>	<p>7</p> <p>5:35AM <b>ZUMBA®</b> Heather</p> <p>9:00AM <b>BODYPUMP™</b> Nichole 10:00 <b>ZUMBA®</b> Nichole</p> <p>5:30PM <b>Core De Force®</b> Stacy 6:00 <b>Cybox® Circuit</b> Maggie</p>	<p>8</p> <p>5:45AM <b>P90x LIVE®</b> Jeanne</p> <p>9:00 <b>ZUMBA®</b> Nichole</p> <p>Noon <b>BODYPUMP™</b> Adrienne</p>	<p><b>SATURDAY 3/9</b> 8:15AM <b>P90x LIVE™</b> Nichole</p> <hr/> <p><b>SUNDAY 3/10</b> 1:30PM <b>Totally Tabata</b> Sheila</p>
<p>11</p> <p>5:45AM <b>Step</b> Roni 7:45 <b>BODYPUMP™</b> Melanie 9:00 <b>Pilates</b> Gayle 10:00 <b>ZUMBA®</b> Melanie Noon <b>Fitness Fusion</b> Adrienne</p> <p>4:30PM <b>P90x LIVE®</b> Mel B 5:30 <b>ZUMBA®</b> Alison 6:30 <b>BODYPUMP™</b> Stacy</p>	<p>12</p> <p>5:45AM <b>Cybox® Circuit</b> Christine 9:00 <b>STRONG®</b> Melanie 10:00 <b>Stretch &amp; Core</b> Melanie</p> <p>4:30PM <b>Pilates</b> Danielle 5:30 <b>Core De Force®</b> Bria</p>	<p>13</p> <p>5:45AM <b>Totally Tabata</b> Sheila P 7:45AM <b>Yoga</b> Gayle (<i>Rachel's Gym</i>) 9:00AM <b>Kickboxing</b> Eric 9:00 <b>ZUMBA®</b> Carissa 10:00 <b>Barre</b> Melanie Noon <b>Core De Force®</b> Melanie</p> <p>4:30PM <b>BODYPUMP™</b> Adrienne 5:15 <b>Kickboxing</b> Eric 5:30 <b>PiYo LIVE®</b> Mel B</p>	<p>14</p> <p>5:35AM <b>ZUMBA®</b> Heather</p> <p>9:00AM <b>BODYPUMP™</b> Melanie 10:00 <b>ZUMBA®</b> Melanie</p> <p>5:30PM <b>STRONG®</b> Stacy 6:00 <b>Cybox® Circuit</b> Maggie</p>	<p>15</p> <p>5:45AM <b>P90x LIVE®</b> Jeanne</p> <p>9:00 <b>ZUMBA®</b> Alison</p> <p>Noon <b>BODYPUMP™</b> Adrienne</p>	<p><b>SATURDAY 3/16</b> 8:15AM <b>BODYPUMP™</b> Amy T</p> <hr/> <p><b>SUNDAY 3/17</b> 1:30PM <b>Mash-Up</b> Alison, Melanie, Nichole</p>
<p>18</p> <p>5:45AM <b>Totally Tabata</b> Roni 7:45 <b>BODYPUMP™</b> Melanie 9:00 <b>Pilates</b> Gayle 10:00 <b>ZUMBA®</b> Melanie Noon <b>Fitness Fusion</b> Adrienne</p> <p>4:30PM <b>P90x LIVE®</b> Mel B 5:30 <b>ZUMBA®</b> Alison 6:30 <b>BODYPUMP™</b> Amy T</p>	<p>19</p> <p>5:45AM <b>Cybox® Circuit</b> Christine 9:00 <b>Core De Force®</b> Melanie 10:00 <b>Stretch &amp; Core</b> Melanie</p> <p>4:30PM <b>Pilates</b> Danielle 5:30 <b>TurboKick®</b> Bria</p>	<p>20</p> <p>5:45AM <b>BODYPUMP™</b> Sheila P 7:45AM <b>Yoga</b> Gayle (<i>Rachel's Gym</i>) 9:00AM <b>Kickboxing</b> Eric 9:00 <b>ZUMBA®</b> Carissa 10:00 <b>Barre</b> Melanie Noon <b>Step</b> Melanie</p> <p>4:30PM <b>BODYPUMP™</b> Adrienne 5:15 <b>Kickboxing</b> Eric 5:30 <b>PiYo LIVE®</b> Mel B</p>	<p>21</p> <p>5:35AM <b>ZUMBA®</b> Heather</p> <p>9:00AM <b>BODYPUMP™</b> Nichole 10:00 <b>ZUMBA®</b> Nichole</p> <p>5:30PM <b>Core De Force®</b> Stacy 6:00 <b>Cybox® Circuit</b> Maggie</p>	<p>22</p> <p>5:45AM <b>P90x LIVE®</b> Jeanne</p> <p>9:00 <b>ZUMBA®</b> Nichole</p> <p>Noon <b>BODYPUMP™</b> Adrienne</p>	<p><b>SATURDAY 3/23</b> 8:15AM <b>Totally Tabata</b> Sheila</p> <hr/> <p><b>SUNDAY 3/24</b> 1:30PM <b>Core De Force®</b> Nichole</p>
<p>25</p> <p>5:45AM <b>Step</b> Roni 7:45 <b>BODYPUMP™</b> Melanie 9:00 <b>Pilates</b> Gayle 10:00 <b>ZUMBA®</b> Melanie Noon <b>Fitness Fusion</b> Adrienne</p> <p>4:30PM <b>P90x LIVE®</b> Mel B 5:30 <b>ZUMBA®</b> Alison 6:30 <b>BODYPUMP™</b> Stacy</p>	<p>26</p> <p>5:45AM <b>Cybox® Circuit</b> Christine 9:00 <b>STRONG®</b> Melanie 10:00 <b>Stretch &amp; Core</b> Melanie</p> <p>4:30PM <b>Pilates</b> Danielle 5:30 <b>Core De Force®</b> Bria</p>	<p>27</p> <p>5:45AM <b>BODYPUMP™</b> Sheila P 7:45AM <b>Yoga</b> Gayle (<i>Rachel's Gym</i>) 9:00AM <b>Kickboxing</b> Eric 9:00 <b>ZUMBA®</b> Carissa 10:00 <b>Barre</b> Melanie Noon <b>Step</b> Melanie</p> <p>4:30PM <b>BODYPUMP™</b> Adrienne 5:15 <b>Kickboxing</b> Eric 5:30 <b>PiYo LIVE®</b> Mel B</p>	<p>28</p> <p>5:35AM <b>ZUMBA®</b> Heather</p> <p>9:00AM <b>BODYPUMP™</b> Nichole 10:00 <b>ZUMBA®</b> Nichole</p> <p>5:30PM <b>STRONG®</b> Stacy 6:00 <b>Cybox® Circuit</b> Maggie</p>	<p>29</p> <p>5:45AM <b>P90x LIVE®</b> Jeanne</p> <p>9:00 <b>ZUMBA®</b> Nichole</p> <p>Noon <b>BODYPUMP™</b> Adrienne</p>	<p><b>SATURDAY 3/30</b> 8:15AM <b>STRONG™</b> Stacy</p> <hr/> <p><b>SUNDAY 3/31</b> 1:30PM <b>P90x LIVE™</b> Nichole</p>