



MARCH 2017

HOPE MILLS GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p align="center">See Our Front Desk Staff to Register for Our SPRING BREAK CAMP!</p>	<p>1</p> <p>8:30 am Body Pump Justyn 8:30 am Pilates Amanda 9:35 am Zumba Amy 10:35 am SILVERSNEAKERS Amy 5:30 pm Insanity Chancey 5:30 pm Zumba Erika 5:30 pm KidsFIT Amanda 6:30 pm Zumba Jalamair 6:30 pm KidsFIT Chancey 6:30 pm Yoga April 6:30 pm Rage Circuit Nicole</p>	<p>2</p> <p>8:30 am Rage Circuit Amanda 8:30 am Fat Burner Kim 9:35 am Turbocick Justyn 9:35 am Warm Yoga Flow Amy 10:35 am Chair Yoga Amy 5:30 pm Warm Pilates Tracy 5:30 pm Body Pump Amy 6:35 pm Indoor Cycling Chancey 6:35 pm KidsFIT Nicole 6:35 pm Warm Yoga Flow Teresa</p>	<p>3</p> <p>8:30 am Body Pump Kim 8:30 am PIYO Live Justyn 9:35 am Zumba Amy 10:35 am SILVERSNEAKERS Amy 5:30 pm Yoga April 5:30 pm Barre Sculpt Justyn 6:30 pm Zumba Amy</p>	<p>4</p> <p>9:30 am Body Pump Amy Gam 9:30 am Yoga Amy Gam 10:35 am Zumba Amy Gam 10:35 am BootCamp Kim</p>
<p>6</p> <p>8:30 am Body Pump Amy 8:30 am PIYO Live Justyn 9:35 am Zumba Amy 10:35 am SILVERSNEAKERS Amy 5:30 pm Insanity Chancey 5:30 pm Zumba Erika 5:30 pm KidsFIT Amanda 6:30 pm Zumba Jalamair 6:30 pm KidsFIT Chancey 6:30 pm Yoga Gam 6:30 pm Rage Circuit Nicole</p>	<p>7</p> <p>8:30 am Rage Circuit Amanda 8:30 am Fat Burner Kim 9:35 am Turbocick Justyn 9:35 am Warm Yoga Flow Amy 10:35 am Chair Yoga Amy 5:30 pm Body Pump Amy 5:30 pm Warm Pilates Tracy 6:35 pm Indoor Cycling Chancey 6:35 pm KidsFIT Nicole 6:35 pm Warm Yoga Flow Amy</p>	<p>8</p> <p>8:30 am Body Pump Justyn 8:30 am Pilates Amanda 9:35 am Zumba Amy 10:35 am SILVERSNEAKERS Amy 5:30 pm Insanity Chancey 5:30 pm Zumba Erika 5:30 pm KidsFIT Amanda 6:30 pm Zumba Jalamair 6:30 pm KidsFIT Chancey 6:30 pm Yoga April 6:30 pm Rage Circuit Nicole</p>	<p>9</p> <p>8:30 am Rage Circuit Amanda 8:30 am Fat Burner Kim 9:35 am Turbocick Justyn 9:35 am Warm Yoga Flow Amy 10:35 am Chair Yoga Amy 5:30 pm Warm Pilates Tracy 5:30 pm Body Pump Heather 6:35 pm Indoor Cycling Chancey 6:35 pm KidsFIT Nicole 6:35 pm Warm Yoga Flow Teresa</p>	<p>10</p> <p>8:30 am Body Pump Kim 8:30 am PIYO Live Justyn 9:35 am Zumba Amy 10:35 am SILVERSNEAKERS Amy 5:30 pm Yoga April 5:30 pm Barre Sculpt Justyn 6:30 pm Zumba Amy</p>	<p>11</p> <p>9:30 am Body Pump Kim 9:30 am Yoga Teresa 10:35 am Zumba Amy 10:35 am BootCamp Kim</p>
<p>13</p> <p>8:30 am Body Pump Amy 8:30 am PIYO Live Justyn 9:35 am Zumba Amy 10:35 am SILVERSNEAKERS Amy 5:30 pm Insanity Chancey 5:30 pm Zumba Erika 5:30 pm KidsFIT Amanda 6:30 pm Zumba Jalamair 6:30 pm KidsFIT Chancey 6:30 pm Yoga Gam 6:30 pm Rage Circuit Nicole</p>	<p>14</p> <p>8:30 am Rage Circuit Amanda 8:30 am Fat Burner Kim 9:35 am Turbocick Justyn 9:35 am Warm Yoga Flow Amy 10:35 am Chair Yoga Amy 5:30 pm Body Pump Amy 5:30 pm Warm Pilates Tracy 6:35 pm Indoor Cycling Chancey 6:35 pm KidsFIT Nicole 6:35 pm Warm Yoga Flow Amy</p>	<p>15</p> <p>8:30 am Body Pump Justyn 8:30 am Pilates Amanda 9:35 am Zumba Amy 10:35 am SILVERSNEAKERS Amy 5:30 pm Insanity Chancey 5:30 pm Zumba Erika 5:30 pm KidsFIT Amanda 6:30 pm Zumba Jalamair 6:30 pm KidsFIT Chancey 6:30 pm Yoga April 6:30 pm Rage Circuit Nicole</p>	<p>16</p> <p>8:30 am Rage Circuit Amanda 8:30 am Fat Burner Kim 9:35 am Turbocick Justyn 9:35 am Warm Yoga Flow Amy 10:35 am Chair Yoga Amy 5:30 pm Warm Pilates Tracy 5:30 pm Body Pump Heather 6:35 pm Indoor Cycling Chancey 6:35 pm KidsFIT Nicole 6:35 pm Warm Yoga Flow Teresa</p>	<p>17</p> <p>8:30 am Body Pump Kim 8:30 am PIYO Live Justyn 9:35 am Zumba Amy 10:35 am SILVERSNEAKERS Amy 5:30 pm Yoga April 5:30 pm Barre Sculpt Justyn 6:30 pm Zumba Amy</p> <p align="center">SHAKE YOUR SHAMROCKS ZUMBA PARTY W/AMY</p> 	<p>18</p> <p>9:30 am Body Pump Amy 9:30 am Yoga Justyn 10:35 am Zumba Amy 10:35 am BootCamp Kim</p>
<p>20</p> <p>8:30 am Body Pump Amy 8:30 am PIYO Live Justyn 9:35 am Zumba Amy 10:35 am SILVERSNEAKERS Amy 5:30 pm Insanity Chancey 5:30 pm Zumba Erika 5:30 pm KidsFIT Amanda 6:30 pm Zumba Jalamair 6:30 pm KidsFIT Chancey 6:30 pm Yoga Gam 6:30 pm Rage Circuit Nicole</p>	<p>21</p> <p>8:30 am Rage Circuit Amanda 8:30 am Fat Burner Kim 9:35 am Turbocick Justyn 9:35 am Warm Yoga Flow Amy 10:35 am Chair Yoga Amy 5:30 pm Body Pump Amy 5:30 pm Warm Pilates Tracy 6:35 pm Indoor Cycling Chancey 6:35 pm KidsFIT Nicole 6:35 pm Warm Yoga Flow Amy</p>	<p>22</p> <p>8:30 am Body Pump Justyn 8:30 am Pilates Amanda 9:35 am Zumba Amy 10:35 am SILVERSNEAKERS Amy 5:30 pm Insanity Chancey 5:30 pm Zumba Erika 5:30 pm KidsFIT Amanda 6:30 pm Zumba Jalamair 6:30 pm KidsFIT Chancey 6:30 pm Yoga April 6:30 pm Rage Circuit Nicole</p>	<p>23</p> <p>8:30 am Rage Circuit Amanda 8:30 am Fat Burner Kim 9:35 am Turbocick Justyn 9:35 am Warm Yoga Flow Amy 10:35 am Chair Yoga Amy 5:30 pm Warm Pilates Tracy 5:30 pm Body Pump Heather 6:35 pm Indoor Cycling Chancey 6:35 pm KidsFIT Nicole 6:35 pm Warm Yoga Flow Teresa</p>	<p>24</p> <p>8:30 am Body Pump Kim 8:30 am PIYO Live Justyn 9:35 am Zumba Amy 10:35 am SILVERSNEAKERS Amy 5:30 pm Yoga April 5:30 pm Barre Sculpt Justyn 6:30 pm Zumba Amy</p>	<p>25</p> <p>9:30 am Body Pump Kim 9:30 am Yoga Teresa 10:35 am Zumba Amy 10:35 am BootCamp Kim</p>
<p>27</p> <p>8:30 am Body Pump Amy 8:30 am PIYO Live Justyn 9:35 am Zumba Amy 10:35 am SILVERSNEAKERS Amy 5:30 pm Insanity Chancey 5:30 pm Zumba Erika 5:30 pm KidsFIT Amanda 6:30 pm Zumba Jalamair 6:30 pm KidsFIT Chancey 6:30 pm Yoga Gam 6:30 pm Rage Circuit Nicole</p>	<p>28</p> <p>8:30 am Rage Circuit Amanda 8:30 am Fat Burner Kim 9:35 am Turbocick Justyn 9:35 am Warm Yoga Flow Amy 10:35 am Chair Yoga Amy 5:30 pm Body Pump Amy 5:30 pm Warm Pilates Tracy 6:35 pm Indoor Cycling Chancey 6:35 pm KidsFIT Nicole 6:35 pm Warm Yoga Flow Amy</p>	<p>29</p> <p>8:30 am Body Pump Justyn 8:30 am Pilates Amanda 9:35 am Zumba Amy 10:35 am SILVERSNEAKERS Amy 5:30 pm Insanity Chancey 5:30 pm Zumba Erika 5:30 pm KidsFIT Amanda 6:30 pm Zumba Jalamair 6:30 pm KidsFIT Chancey 6:30 pm Yoga April 6:30 pm Rage Circuit Nicole</p>	<p>30</p> <p>8:30 am Rage Circuit Amanda 8:30 am Fat Burner Kim 9:35 am Turbocick Justyn 9:35 am Warm Yoga Flow Amy 10:35 am Chair Yoga Amy 5:30 pm Warm Pilates Tracy 5:30 pm Body Pump Heather 6:35 pm Indoor Cycling Chancey 6:35 pm KidsFIT Nicole 6:35 pm Warm Yoga Flow Teresa</p>	<p>31</p> <p>8:30 am Body Pump Kim 8:30 am PIYO Live Justyn 9:35 am Zumba Amy 10:35 am SILVERSNEAKERS Amy 5:30 pm Yoga April 5:30 pm Barre Sculpt Justyn 6:30 pm Zumba Amy</p>	<p align="center">NOW REGISTERING FOR SOCCER THROUGH MARCH 15th!</p> 