

Programs and Classes

March 2019

★NEW

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
	9:00AM-10:00AM Tai Chi Ambre	6:30AM-7:15AM FIT (Fitness Intensity Training) Mariah	9:00AM-10:00AM Yoga Carolyn	
10:00AM-10:30AM Rooftop Relaxation With Mariah *On Rooftop	10:00AM-10:45AM Silver Sneakers® Kelsey	9:15AM-10AM Pilates Rene	10:00AM-10:45AM Silver Sneakers® Katie	
11:00AM-11:30AM Core Challenge Brielle	10:45AM-11:15AM Core Tabata Brielle	10:00AM-11:00AM Corrective Exercises Rene	11:00AM-11:45AM Stretching 101 Brandon	10:30AM-11:00AM New Tricks Kyleigh/Brielle
11:45AM-12:30PM Intro to Weights Brielle	11:30-12:00PM KrankFusion™	11:00AM-11:30AM Core Challenge Brandon	11:00AM-12:00PM Climbing	11:15AM-12:00PM Silver Sneakers Stability™ Brielle
	★ 12:00-12:30PM Track N' Tuesdays Sam	Wheelchair Tennis 11:00AM-12:00PM 3/27/19 ONLY	12:00PM-12:30PM KrankFusion™	★ 12:15PM-12:45PM Taquata™ Alison
	1:30PM-2:30PM Rowing	11:45AM-12:30PM Intro to Weights Brandon	★ 12:45PM-1:30PM H2O Circuit Nick P.	★ 12:45PM-1:15PM Gentle Aquacise Alison
	★ 12:45PM-1:30PM Aqua Bio Exercise Donna	12:45PM-1:30PM Rejuvenate Your Mind & Body Donna		
4:45PM-5:15PM KrankFusion™ Brielle			★ TANGO FOR ALL 4-5PM 3/21 ONLY	
5:30PM-6:30PM Kids Corner Katie	5:30PM-6:30PM Kids Corner Mariah	5:30PM-6:30PM Kids Corner	5:30PM-6:30PM Kids Corner Alison	6:00PM-7:00PM W.O.W. Wheelchair Dance Justin
5:30PM-6:30PM Boot Camp Brielle	5:30PM-6:30PM Yoga Carolyn	5:30PM-6:30PM Boot Camp Brandon	5:30PM-6:30PM Yoga Carolyn	
6:30PM-7:30PM Tai Chi Lynette	5:30PM-6:30PM TLC Brandon			
	6:30PM-7:30PM Climbing Katie	6:30PM-7:30PM Rowing	6:45PM-7:45PM Martial Arts	Saturdays
	★ 6:45-7:45PM Open Dance Class 3/5 and 3/19 ONLY	6:45pm-7:45pm Yoga Barb		Zumba@ 9:30AM-10:30AM Justin
				12:30PM-1:30PM Climbing

Krank Fusion™, Kids Corner, and Wheelchair Tennis Sign Up Required

(Sign up at ability360.org under calendars, call the front desk at 602-386-4566, stop by the front desk, or **download our smart phone APP**)

<p>★ Did you know? Aquatic classes start 3/12/19! More aquatic classes will be offered in April! Stay tuned!</p>	<p>March Class Cancellations</p> <p>Rejuvenate Your Mind & Body cancelled 3/6 Climbing cancelled 3/2, 3/23, 3/30 Yoga cancelled 3/19</p>	<p>★ Facility Hours: 6:00am-8:30pm M-F 8am-4pm Saturdays Closed Sundays Starting March 11th Pool Hours: M-F 7AM-7PM Saturdays 8AM-3PM</p>
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