

The Falls Group Fitness Schedule

MARCH

www.thefallsathleticclub.com

687-6080

Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Events
5:15 AM Spinning Judy	5:15 AM BODYPUMP Judy	5:15 AM Spinning Judy	5:15 AM Bodysculpt Judy	5:15 AM Interval Training Judy	KIDFIT Mon & Wed 9:30 am Ages 4 & 5 		
9:00 AM Spinning Suzi	8:30 AM STEP Sandra	9:00 AM Cardio Interval Dee	8:30 AM Spinning Beth	9:00 AM BODYPUMP Beth			
9:00 AM *Gravity Strength Beth	9:30 AM ZUMBA & Tone Dee	10:15 AM Bodysculpt Suzi	9:30 AM <i>Michael Jackson</i> Suzi	10:00 AM ZUMBA! Dee	9:15AM Spinning Beth	2:00 PM ZUMBA! Lana	Schedule of classes
10:15 AM Bodysculpt Suzi	10:30 AM Pilates Suzi	10:30 AM Ladies Weight Training-Sandra	10:30 AM Yogaflow Suzi		10:15AM BODYPUMP EXPRESS	2:15 PM Gravity Beth	Mon, March 15 5:15 am Spin-Beth 9:00 am Spin&Sculpt Suzi 5:45 pm Spin & Abs Beth
10:30 AM Cardio Tennis Eric		11:15 AM CardioTennis Eric	11:00 AM *EZ Gravity Beth	10:45 AM *Gravity Strength Debbie	10:45 AM STEP EXPRESS D'Lynn	3:00 PM *Gravity Strength Debbie	Tues, March 16 5:15 am Bodypump D'Lynn 9:00 Zumba -Suzi 10:00 am - Pilates Suzi 5:45 pm Bodypump Beth
5:00 PM *Gravity Strength Beth	5:00 PM EZ SPIN Beth			New to Fitness? Try these! EZ Spin, Ladies Weights, YogaFlow, and EZ Gravity!			9:00 Zumba -Suzi 10:00 am - Pilates Suzi
5:15 Legs Buns 5:30 ABS Suzi (15 min)	5:45 PM BODYPUMP Beth	5:15 Legs Buns 5:30 ABS Suzi (15 min)		The FALLS TENNIS & ATHLETIC CLUB ~ 687-6080 Hours: Mon - Thurs 4:30 am - 10:00 pm Friday 4:30 am - 8:00 pm Saturday 8:00 am - 8:00 pm Sunday 12:00 pm - 8:00 pm For additional information, visit our website: www.thefallsathleticclub.com			5:45 pm Bodypump Beth
5:45 PM Spinning Beth	5:45 PM YogaFlow Suzi (in Grille)	5:45 PM Spin Circuit Beth	5:45 PM STEP Sandra				Wed, March 17 5:15 am Spin-Beth 9:00 am Cardio Int. Beth 5:45 pm - Zumba Lana
6:45 PM STEP Sandra	6:45 PM ZUMBA! Dee	5:45 PM ZUMBA! Suzi	6:45 PM BODYPUMP D'Lynn				No classes rest of week
	6:45 PM *Gravity Strength Sandra		*Reservations required for all GRAVITY classes. \$5 per class fee for Gold members. Platinum members receive one class free per week. Please visit the Member Services Desk for registration and additional information.				
No GRAVITY classes held Sunday, March 14th thru Saturday, March 20th due to Spring Break ~							