

Sun

Mon

Tue

Wed

Thu

Fri

Sat

Swift Creek Group X Schedule March 2010



Don't forget your hand stamp for Pump and Zumba! You will not be permitted to attend with out it, see front desk!



| | | | | | | |
|--|---|---|--|--|--|--|
| <p>New class on Mondays! Try our Bodyfusion format at 10:45!!! Body-Flow on Mondays has moved to the Mind Body Room!</p> | <p>1 6:00 BodystepXP-Debbie 8:15 Seniorcize-Kimi 9:30 Body Pump-Maria 10:45 BodyCombat/Step Heidi/Maria 4:30 Bodystep-Mika ©5:30 Zumba-Sophie 6:30 BodyPump-Wendi ©7:45 BodyCombat-Angie</p> | <p>2 9:30 Basic step-Maria 10:30 Bodyjam-Annie 11:30 BodyPump-Kimi 4:30 30/20/10-Debbie 5:30 Bodycombat-Heidi 6:30 Zumba-Diane 7:30 BodyPumpXP-Maria</p> | <p>3 6:00 BodypumpXP-Diane 8:15 Seniorcize-Laurie 9:15 Abs15-Laurie 9:30 Ball&bar-Annie 10:30 BodyStep-Maria 4:30 SCT-Staci 5:30 Bodypump-Bekah ©6:45 Abs15-Stephanie 7:00 Basicstep-Steph 7:45 Olympic Box</p> | <p>4 9:30 Bodycombat-Angie/Mika 10:30 Musclecond-Beth 4:30 Bootcamp-Joy 5:30 Bodystep-Maria 6:30 Buttsnguts-Maria 7:00 Class cxl 8:30 ZumbaXP-Diane</p> | <p>5 8:15 Seniorcize-Laurie 9:30 Bodystep-John 10:30 Bodyflow-Ruth 11:30 Bodypump-Kimi 5:15 BodycombatXP-Jackie</p> | <p>6 7:15 BodyCombat-Angie 8:15 AdvancedStep-Annie 9:15 Bodypump-Bekah ©10:30 BodyJam-Angie 11:30 Zumba-Staci</p> |
| <p>7 ©9:15 Body Combat-Mika/Kristin 1:00 Body Pump-Jackie 2:30 Body Jam! Staci</p> | <p>8 6:00 BootcampXP-Laurie 8:15 Seniorcize-Kimi 9:30 Body Pump-Kimi 10:45 BodyCombat/Jam Wendi/Maria 4:30 Bodystep-Mika ©5:30 Zumba-Sophie 6:30 BodyPump-John ©7:45 Bellydance-Diane</p> | <p>9 9:30 Basic step-Annie 10:30 Zumba-Kimi 11:30 BodyPump-Dana 4:30 30/20/10-Maria 5:30 BodyCombat-Heidi/Mika 6:30 Zumba-Diane 7:30 BodyPumpXP-Wendi</p> | <p>10 6:00 BodypumpXP-Laura 8:15 Seniorcize-Kimi 9:15 Abs15-Kimi 9:30 Ball&bar-Annie 10:30 BodyStep-Dana 4:30 SCT-Staci 5:30 Bodypump-Bekah ©6:45 Abs15-Maria 7:00 Basicstep-Maria 7:45 Olympic Box</p> | <p>11 9:30 BodyCombat-Angie/Mika 10:30 Musclecond-Laurie 4:30 Bootcamp-Joy 5:30 Bodystep-Maria 6:30 Buttsnguts-Maria 7:00 Bootcamp-Josh 7:30 Zumba-Diane</p> | <p>12 8:15 Seniorcize-Laurie 9:30 Bodystep-Maria John 10:30 Bodyflow-Ruth 11:30 Bodypump-Kimi 5:15 Body CombatXP-Heidi</p> | <p>13 7:15 BodyCombat-Mika/Heidi 8:15 AdvancedStep-Maria 9:15 Bodypump-Geraldine ©10:30 BodyJam-Jackie 11:30 Zumba-Diane</p> |
| <p>14 ©9:15 Body Combat- Kristin 1:00 Body Pump-Bekah</p> | <p>15 6:00 BodystepXP-Deb 8:15 Seniorcize-Kimi 9:30 Body Pump-Maria 10:45 Body Combat/Step-Kris, Maria 4:30 Bodystep-Annie 5:30 Zumba-Sophie 6:30 BodyPump-Wendi ©7:45 BodyJam-Annie</p> | <p>16 9:30 Basic step-Annie 10:30 BodyJam-John 11:30 BodyPump-Kimi 4:30 30/20-Debbie 5:30 BodyCombat-Heidi 6:30 Zumba-Diane 7:30 BodyPumpXP-Maria</p> | <p>17 6:00 BodypumpXP-Diane 8:15 Seniorcize-Laurie 9:15 Abs15-Laurie 9:30 Ball&bar-Beth 10:30 BodyStep-Kristin 4:30 SCT-Staci 5:30 Bodypump-Bekah ©6:45 Abs15-Steph 7:00 Basicstep-Steph 7:45 Olympic Box</p> | <p>18 9:30 BodyCombat-Angie 10:30 Musclecond-Dana 4:30 Bootcamp-Joy 5:30 Bodystep-Maria 6:30 Buttsnguts-Maria 7:00 Bootcamp-Josh 7:30 Zumba-Diane</p> | <p>19 8:15 Seniorcize-Laurie 9:30 Bodystep-Dana 10:30 Bodyflow-Ruth 11:30 Bodypump-Kimi 5:15 BodyCampXPLaurie</p> | <p>20 7:15 BodyCombat-Wendi 8:15 DoubleStep-Denise Staci 9:15 Bodypump-Wendi ©10:30 BodyJam-Maria 11:30 Zumba-Jackie</p> |
| <p>21 ©9:15 Body Combat- Jackie 1:00 Body Pump-Bekah</p> | <p>22 6:00 BootcampXP-Laurie 8:15 Seniorcize-Kimi 9:30 Body Pump-Kimi 10:45 Body Combat/Jam-Angie/Maria 4:30 Bodystep-Annie 5:30 Zumba-Sophie 6:30 BodyPump-Gerald ©7:45 Studio54-Staci</p> | <p>23 9:30 Basic step-Annie 10:30 Zumba-Kimi 11:30 BodyPump-Dana 4:30 30/20-Maria 5:30 BodyCombat-Heidi 6:30 Zumba-Diane 7:30 BodyPumpXP-Wendi</p> | <p>24 6:00 BodypumpXP-Laura 8:15 Seniorcize-Kimi 9:15 Abs15-Kimi 9:30 Ball&bar-Annie 10:30 BodyStep-Annie 4:30 SCT-Maria 5:30 Bodypump-Bekah ©6:45 Abs15-Maria 7:00 Basicstep-Maria 7:45 Olympic Box</p> | <p>25 9:30 BodyCombat-Angie 10:30 Musclecond-Laurie 4:30 Bootcamp-Joy 5:30 Bodystep-Maria Denise 6:30 Buttsnguts-Maria 7:00 Bootcamp-Josh 7:30 Zumba-Diane</p> | <p>26 8:15 Seniorcize-Laurie 9:30 Bodystep-Dana 10:30 Bodyflow-Ruth 11:30 Bodypump-Kimi 5:15 Body PumpXP-Wendi</p> | <p>27 7:15 BodyCombat-Angie 8:15 BodyStep-Kristin 9:15 Bodypump-Bekah ©10:30 BodyJam-Staci 11:30 Zumba-Diane</p> |
| <p>28 ©9:15 Body Combat- Kristin 1:00 Body Pump-Geraldine</p> | <p>29 6:00 BodystepXP-Deb 8:15 Seniorcize-Kimi 9:30 BodyPump-Wendi 10:45 Body Combat/Step-Kristin 4:30 Bodystep-Debbie 5:30 Zumba-Sophie 6:30 BodyPump-Dana ©7:45 Bellydance-Diane</p> | <p>30 9:30 Basic step-Maria 10:30 BodyJam-Angie 11:30 BodyPump-Kimi 4:30 30/20-Debbie 5:30 BodyCombat-Heidi 6:30 Zumba-Diane 7:30 BodyPumpXP-Maria</p> | <p>31 6:00 BodypumpXP-Diane 8:15 Seniorcize-Laurie 9:15 Abs15-Laurie 9:30 Ball&bar-Maria 10:30 BodyStep-Maria 4:30 SCT-Staci 5:30 Bodypump-Bekah ©6:45 Abs15-Laura 7:00 Basicstep-Laura 7:45 Olympic Box</p> | <p>XP-Means 45 minutes ©-denotes family friendly</p> | <p>We now offer Family Yoga on Thursdays in the Mind Body Room AND a new Bootcamp XP on Monday evenings in the Mind Body room as well!!</p> | <p><i>Baby-n-Me has been cancelled until Spring</i></p> |