

**MARCH**

☼ = Specialty Class | ◇ = New Class

**Club One Group Fitness Schedule**

Sunday	Monday	Tuesday	Wednesday	THURSDAY	Friday	Saturday
<p><u>School Weather Delays...</u> AM Group Fitness classes that start at 9:30am or after, will be delayed 1 hour (classes that begin before 9:30am &amp; Aqua classes will be on time) Evening classes are not affected. AM Kids club delayed 1 hr</p>	<p>Queen Anne's County <u>School Weather Closings...</u> AM Group Fitness classes &amp; Kids Club are on time. In Extreme weather conditions please call or check facebook for any updates.</p>	<p>PM Group Fitness Classes &amp; Kids Club will be at the discretion of the instructor, please call or check facebook</p>	<p>If your child does not attend QAC schools, you may call the club in the morning or call BOE 410.758.2403</p>			<p>1 8:00am - Bootcamp Mike 8:00am - Barre/Sculpt Val (Upstairs) 9:00am - Spin Mark 9:00am - Iron Pump Plus Jim <b>SPECIALTY CLASS</b> 10:15am - BUTI YOGA Carol</p>
<p>9:00am - FIT &amp; SPIN Elise 9am HIIT Val</p>	<p>3 6:00am FIT &amp; SPIN Mike L 7:30am - Power Barre Kelli 9:30am - HIIT The Step Christine 9:30am - Fit &amp; Spin Jen 5:00pm - Yoga Heather 6:00pm - HIIT Core &amp; More Missy 6:00pm - Fit &amp; Spin Mark</p>	<p>4 6:00am - Cross Cond. &amp; HIIT Mike 8:30am - Tone, Strength &amp; Abs Jim 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin &amp; Barre Christine 10:15am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Michelle 6:00pm - Pump Missy 6:00pm Bike &amp; Abs Mark</p>	<p>5 6:00am - Bootcamp Mike 7:30am - Power Barre Kelly 9:30am - Cardio Blast Christine 9:30am - Fit &amp; Spin Jen 6:00p SPIN &amp; SCULPT Mark <b>NO CLASS</b> CPR CERT</p>	<p>6 6:00am - S,C,F with TRX Mike L (45 min) 8:30am - Body Basics Sherry 9:30am - Bust Butt BC Christine 9:30am - 10:15 Spin 10:15-10:30 SCULPT Kelli 10:30am Stretch &amp; Restore Christine (30 min) 5:00pm - Dance Fitness Missy 6:00pm - SPIN &amp; PUMP Mark (45min spin 15 min pump)</p>	<p>7 6am SPIN &amp; CORE Mike L 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core &amp; More Kelly 9:30am - Fit &amp; Spin Christine</p>	<p>8 8:00am - Bootcamp Christine 8:00am - Barre/Sculpt Kelli (Upstairs) 9:00am - Spin Jen 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Damaris</p>
<p>9 *DAYLIGHT SAVINGS 9:00am - FIT &amp; SPIN Damaris 9am HIIT Val</p>	<p>10 6:00am FIT &amp; SPIN Mike L 7:30am - Power Barre Kelli 9:30am - HIIT The Step Christine 9:30am - Fit &amp; Spin Jen 5:00pm - Yoga Heather 6:00pm - HIIT Core &amp; More Missy 6:00pm - Fit &amp; Spin Mark</p>	<p>11 6:00am - Cross Cond &amp; HIIT Mike 8:30am - Tone, Strength &amp; Abs Jim 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin &amp; Barre Christine 10:15am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Damaris 6:00pm - Pump Missy 6:00pm Bike &amp; Abs Mike L</p>	<p>12 6:00am - Bootcamp "T" 7:30am - Power Barre Kelly 9:30am - Cardio Blast Christine 9:30am - Fit &amp; Spin Jen 6:00pm - SPIN &amp; SCULPT Damaris 6:00pm - HIIT TRX &amp; Core Keith</p>	<p>13 6:00am - S,C,F with TRX Mike L (45min) 8:30am - Body Basics Sherry 9:30am - Bust Butt BC Christine 9:30am - 10:15 Spin 10:15-10:30 SCULPT Jen 10:30am Stretch &amp; Restore Christine (30min) 5:00pm - Dance Fitness Missy 6:00pm - SPIN &amp; PUMP Mark (45min spin 15 min pump)</p>	<p>14 6am SPIN &amp; CORE Mike L 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core &amp; More Kelly 9:30am - Fit &amp; Spin Christine</p>	<p>15 8:00am - Bootcamp Mike 8:00am - Barre/Sculpt Kelli (Upstairs) 9:00am - Spin Mark 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Missy</p>
<p>16 9:00am - FIT &amp; SPIN Elise 9am HIIT Damaris</p>	<p>17 6:00am FIT &amp; SPIN Mike L 7:30am - Power Barre Kelli 9:30am - HIIT The Step Christine 9:30am - Fit &amp; Spin Jen 5:00pm - Yoga Heather 6:00pm - HIIT Core &amp; More Missy 6:00pm - Fit &amp; Spin Damaris</p>	<p>18 6:00am - Cross Cond. &amp; HIIT Mike 8:30am - Tone, Strength &amp; Abs Jim 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin &amp; Barre Christine 10:15am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Damaris 6:00pm - Pump Missy 6:00pm Bike &amp; Abs Mark</p>	<p>19 6:00am - Bootcamp "T" 7:30am - Power Barre Kelly 9:30am - Cardio Blast Christine 9:30am - Fit &amp; Spin Jen 6:00pm - SPIN &amp; SCULPT Damaris 6:00pm - HIIT TRX &amp; Core Keith</p>	<p>20 6:00am - S,C,F with TRX Jen (45min) 8:30am - Body Basics Sherry 9:30am - Bust Butt BC Christine 9:30am - 10:15 Spin 10:15-10:30 SCULPT Kelli 10:30am Stretch &amp; Restore Christine (30min) 5:00pm - Dance Fitness Missy 6:00pm - SPIN &amp; PUMP Damaris (45min spin 15 min pump)</p>	<p>21 6am SPIN &amp; CORE Jen 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core &amp; More Kelly 9:30am - Fit &amp; Spin Christine</p>	<p>22 8:00am - Bootcamp Christine 8:00am - Barre/Sculpt Christin (Upstairs) 9:00am - Spin Jen 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Damaris</p>
<p>23 9:00am - FIT &amp; SPIN Damaris 9am HIIT Val</p>	<p>24 6:00am FIT &amp; SPIN Mark 7:30am - Power Barre Kelli 9:30am - HIIT The Step Christine 9:30am - Fit &amp; Spin Jen 5:00pm - Yoga Heather 6:00pm - HIIT Core &amp; More Missy 6:00pm - Fit &amp; Spin Mike L</p>	<p>25 6:00am - Cross Cond. &amp; HIIT Mike 8:30am - Tone, Strength &amp; Abs Jim 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin &amp; Barre Christine 10:15am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Damaris 6:00pm - Pump Missy 6:00pm Bike &amp; Abs Mark</p>	<p>26 6:00am - Bootcamp Mike L 7:30am - Power Barre Kelly 9:30am - Cardio Blast Christine 9:30am - Fit &amp; Spin Jen 6:00pm - SPIN &amp; SCULPT Damaris 6:00pm - HIIT TRX &amp; Core Keith</p>	<p>27 6:00am - S,C,F with TRX Jen (45min) 8:30am - Body Basics Sherry 9:30am - Bust Butt BC Christine 9:30am - 10:15 Spin 10:15-10:30 SCULPT Kelli 10:30am Stretch &amp; Restore Christine (30min) 5:00pm - Dance Fitness Missy 6:00pm - SPIN &amp; PUMP Mark (45min spin 15 min pump)</p>	<p>28 6am SPIN &amp; CORE Mike L 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core &amp; More Kelly 9:30am - Bike &amp; Bubbles Christine</p>	<p>29 8:00am - Bootcamp Christine 8:00am - Barre/Sculpt Damaris (Upstairs) 9:00am - Spin Mark 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Missy</p>
<p>30 9:00am - FIT &amp; SPIN Elise 9am HIIT Val</p>	<p>31 6:00am FIT &amp; SPIN Jen 7:30am - Power Barre Kelli 9:30am - HIIT The Step Christine 9:30am - Fit &amp; Spin Jen 5:00pm - Yoga Heather 6:00pm - HIIT Core &amp; More Missy 6:00pm - Fit &amp; Spin Mike L</p>	<p>6:00am - Cross Cond. &amp; HIIT Mike 8:30am - Tone, Strength &amp; Abs Jim 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin &amp; Barre Christine 10:15am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Damaris 6:00pm - Pump Missy 6:00pm Bike &amp; Abs Mark</p>	<p>6:00pm - SPIN &amp; SCULPT Damaris 6:00pm - HIIT TRX &amp; Core Keith</p>	<p>6:00pm - SPIN &amp; PUMP Mark (45min spin 15 min pump)</p>		

