

# Paramount Sports Complex ~ March 2010 ~ Fitness Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>NEW: Spring Training</b>- 8 wk session to help you get ready for 5k's, triathlons or the beach! \$10 per person-guarantees your spot. Sign-up at the front desk!</p>	<p>1 5:15am Step Plus – Wendy (A) 9:15am Gym Machine Circuit – Ruth (G) <b>9:30am ZUMBA – Liz (A)</b> 10am Kick 'N Pump – Deb (B) <b>New Time:</b> 6:15pm Jab Attack–Stephanie (B) 6:15pm Muscle Pump–Tina (BB) <b>New Time:</b> 7pm Yoga – Stephanie (B) 7:15pm Deep Stretch – Kim (A)</p>	<p>2 5am Totally Toned –Kristen (A) 9:15am Step Plus–Deb (A) 10:15am Deep Stretch – Kim (A) <b>5:30pm Beginner Zumba – Greta (A)</b> <b>6pm ZUMBA – Sara (BB)</b> 6:15pm Step Plus – Lynn (A) 7:15pm Pilates – Laura (A)</p>	<p>3 9:15am Jab Attack – Amy (B) 10:15am Totally Toned – Kristen (A) 4:30pm Step Plus – Erin (A) <b>5:30pm Beginner Zumba – Greta (A)</b> 6pm Jab Attack – Ruth (B) <b>6m ZUMBA – Gemma (BB)</b> 6:15pm Muscle Pump – Tina (A) 7pm Yoga – Sue (B)</p>	<p>4 5:15am Totally Toned –Amy (A) 9:15am Step Plus – Trish (A) 10:15am Dance Party! – Kathie (A) <b>6m ZUMBA – Greta (BB)</b> 6:15pm Step Plus – Trish (A) 7:15pm Pilates– Sue (A)</p>	<p>5 5am Gym Machine Circuit – Kris (G)  9:30am -1000 Calorie Burn!! Muscle Pump – Tina (A) followed by 20 min spin at 10:30am  4:30pm Step Plus – Erin (A) 5:45pm Dance Party! – Kathie (A)</p>	<p>6 <b>8am ZUMBA – Greta (BB)</b>  <b>9am</b> Jab Attack - Stephanie (B)</p>
<p>7 <b>2pm Spring Training:</b> Spin, jog, upper body lifting -\$10 charge for 8 week session. Must register at the front desk. Jog may take place outside.</p>	<p>8 5:15am Step Plus – Wendy (A) 9:15am Gym Machine Circuit – Kris (G) <b>9:30am ZUMBA – Liz (A)</b> 10am Kick 'N Pump – Deb (B) <b>New Time:</b> 6:15pm Jab Attack–Stephanie (B) 6:15pm Muscle Pump–Tina (BB) <b>New Time:</b> 7pm Yoga – Stephanie (B) 7:15pm Deep Stretch – Kim (A)</p>	<p>9 5am Totally Toned –Kristen (A) 9:15am Step Plus–Deb (A) 10:15am Deep Stretch – Kim (A) <b>5:30pm Beginner Zumba – Gemma (A)</b> <b>6pm ZUMBA – Sara (BB)</b> 6:15pm Step Plus – Lynn (A) 7:15pm Pilates – Laura (A)</p>	<p>10 9:15am Jab Attack – Ruth (B) 10:15am Totally Toned – Kristen (A) 4:30pm Step Plus – Erin (A) <b>5:30pm Beginner Zumba – Greta (A)</b> 6pm Jab Attack – Ruth (B) <b>6m ZUMBA – Gemma (BB)</b> 6:15pm Muscle Pump – Tina (A) 7pm Yoga – Stephanie (B)</p>	<p>11 5:15am Totally Toned –Amy (A) 9:15am Step Plus – Trish (A) 10:15am Dance Party! – Kathie (A) <b>6m ZUMBA – Greta (BB)</b> 6:15pm Step Plus – Trish (A) 7:15pm Pilates– Sue (A)</p>	<p>12 5am Gym Machine Circuit – Kris (G)  9:30am -1000 Calorie Burn!! Muscle Pump – Tina (A) followed by 20 min spin at 10:30am  4:30pm Step Plus – Erin (A) 5:45pm Dance Party! – Kathie (A)</p>	<p>13 <b>8am ZUMBA – Gemma (BB)</b>  <b>9am</b> Step Plus– Marianne (A)</p>
<p>14 <b>2pm Spring Training:</b> Spin, jog, upper body lifting - \$10 charge for 8 week session. Must register at the front desk. Jog may take place outside.</p>	<p>15 5:15am Step Plus – Wendy (A) 9:15am Gym Machine Circuit – Kim (G) <b>9:30am ZUMBA – Liz (A)</b> 10am Kick 'N Pump – Deb (B) <b>New Time:</b> 6:15pm Jab Attack–Stephanie (B) 6:15pm Muscle Pump–Tina (BB) <b>New Time:</b> 7pm Yoga – Stephanie (B) 7:15pm Deep Stretch – Kim (A)</p>	<p>16 5am Totally Toned –Kristen (A) 9:15am Step Plus–Deb (A) 10:15am Deep Stretch – Kim (A) <b>5:30pm Beginner Zumba – Gemma (A)</b> <b>6pm ZUMBA – Sara (BB)</b> 6:15pm Step Plus – Trish (A) 7:15pm Pilates – TBA (A)</p>	<p>17 9:15am Jab Attack – Amy (B) 10:15am Totally Toned – Kristen (A) 4:30pm Step Plus – Erin (A) <b>5:30pm Beginner Zumba – Greta (A)</b> 6pm Jab Attack – Ruth (B) <b>6m ZUMBA – Gemma (BB)</b> 6:15pm Muscle Pump – Tina (A) 7pm Yoga – Sue (B)</p>	<p>18 5:15am Totally Toned –Amy (A) 9:15am Step Plus – Trish (A) 10:15am Dance Party! – Kathie (A) <b>6m ZUMBA – Greta (BB)</b> 6:15pm Step Plus – Trish (A) 7:15pm Pilates– Sue (A)</p>	<p>19 5am Gym Machine Circuit – Kris (G)  9:30am -1000 Calorie Burn!! Muscle Pump – Tina (A) followed by 20 min spin at 10:30am  4:30pm Step Plus – Erin (A) 5:45pm Dance Party! – Kathie (A)</p>	<p>20 <b>8am ZUMBA – Greta (BB)</b>  <b>9am</b> Turbo Kick – Amy W (A)</p>
<p>21 <b>2pm Spring Training:</b> Spin, jog, upper body lifting -\$10 charge for 8 week session. Must register at the front desk. Jog may take place outside.</p>	<p>22 5:15am Step Plus – Wendy (A) 9:15am Gym Machine Circuit – Ruth (G) <b>9:30am ZUMBA – Liz (A)</b> 10am Kick 'N Pump – Deb (B) <b>New Time:</b> 6:15pm Jab Attack–Stephanie (B) 6:15pm Muscle Pump–Tina (BB) <b>New Time:</b> 7pm Yoga – Stephanie (B) 7:15pm Deep Stretch – Kim (A)</p>	<p>23 5am Totally Toned –Kristen (A) 9:15am Step Plus–Deb (A) 10:15am Deep Stretch – Kim (A) <b>5:30pm Beginner Zumba – Gemma (A)</b> <b>6pm ZUMBA – Sara (BB)</b> 6:15pm Step Plus – Lynn (A) 7:15pm Pilates – TBA (A)</p>	<p>24 9:15am Jab Attack – Ruth (B) 10:15am Totally Toned – Kristen (A) 4:30pm Step Plus – Erin (A) <b>5:30pm Beginner Zumba – Greta (A)</b> 6pm Jab Attack – Ruth (B) <b>6m ZUMBA – Gemma (BB)</b> 6:15pm Muscle Pump – Tina (A) 7pm Yoga – Stephanie (B)</p>	<p>25 5:15am Totally Toned –Amy (A) 9:15am Step Plus – Trish (A) 10:15am Dance Party! – Kathie (A) <b>6m ZUMBA – Greta (BB)</b> 6:15pm Step Plus – Trish (A) 7:15pm Pilates– TBA (A)</p>	<p>26 5am Gym Machine Circuit – Kris (G)  9:30am -1000 Calorie Burn!! Muscle Pump – Tina (A) followed by 20 min spin at 10:30am  4:30pm Step Plus – Erin (A) 5:45pm Dance Party! – Kathie (A)</p>	<p>27 <b>8am ZUMBA – Gemma (BB)</b>  <b>9am</b> Step Plus - Trish (A)</p>
<p>28 <b>2pm Spring Training:</b> Spin, jog, upper body lifting -\$10 charge for 8 week session. Must register at the front desk. Jog may take place outside.</p>	<p>29 5:15am Step Plus – Wendy (A) 9:15am Gym Machine Circuit – Kim (G) <b>9:30am ZUMBA – Liz (A)</b> 10am Kick 'N Pump – Deb (B) <b>New Time:</b> 6:15pm Jab Attack–Stephanie (B) 6:15pm Muscle Pump–Tina (BB) <b>New Time:</b> 7pm Yoga – Stephanie (B) 7:15pm Deep Stretch – Kim (A)</p>	<p>30 5am Totally Toned –Kristen (A) 9:15am Step Plus–Deb (A) 10:15am Deep Stretch – Kim (A) <b>5:30pm Beginner Zumba – Gemma (A)</b> <b>6pm ZUMBA – Sara (BB)</b> 6:15pm Step Plus – Lynn (A) 7:15pm Pilates – TBA (A)</p>	<p>31 9:15am Jab Attack – Amy (B) 10:15am Totally Toned – Kristen (A) 4:30pm Step Plus – Erin (A) <b>5:30pm Beginner Zumba – Greta (A)</b> 6pm Jab Attack – Ruth (B) <b>6m ZUMBA – Gemma (BB)</b> 6:15pm Muscle Pump – Tina (A) 7pm Yoga – Sue (B)</p>	<p><b>Fall Fitness Center Hours: Mon – Fri: 5am – 9pm ~ Sat: 8am – 5pm ~ Sun: 11am – 5pm</b> <b>FREE Childcare Hours: Mon – Thurs: 9am – 11am &amp; 6pm – 8pm ~ Fri: 9am – 11am</b> <b>Class Location Key: A= Studio A</b> on Fitness Center side of the building ~ <b>B= Studio B-</b> located on gymnastics side of the building ~ <b>G=</b> Class held in the Fitness Center/Gym ~ <b>BB=</b> basketball courts. <b>Junior Members - check out the JM next to the fitness classes that are appropriate for you to attend. Your safety is our number one concern.</b></p>		

Schedule subject to change – check the Bulletin Board at the bottom of the ramp, just outside the fitness center doors, for changes/additions.

Schedule subject to change – check the **Bulletin Board** at the bottom of the ramp, just outside the fitness center doors, for changes/additions.