

# MARCH 2023

## ADULT CLASS

### SCHEDULE



For descriptions, levels, and to register for all classes, go to our app: FIAO Centro  
Teens 16 and over may attend most classes unless otherwise indicated on 18 and over.  
Non-Members may attend for \$20 per class.

MON	TUE	WED	THU	FRI	SAT	SUN
<b>Chair Yoga</b> 10-11am Dr. Miller	<b>Hatha Yoga (2 Classes)</b> 9:15-10:15am 10:30-11:30am Suzanne	<b>Zumba®</b> 10-11am Michelle T.	<b>Hatha Yoga</b> 9:15-10:15am Suzanne	<b>Spin</b> 9:15am-10am Steve	<b>Total Body Workout</b> 8:30-9:30am George	<b>LaBlast®</b> 8:30-9:30am Melissa
<b>LaBlast®</b> 11:30am-12:30pm Jaime	<b>Stretch, Flex &amp; Tone (2 Classes)</b> 10:30-11:30am 11:45am-12:45pm Rosalind	<b>LaBlast® Splash Aqua Fitness</b> 12:15-1pm Jaime		<b>#Chair Yoga</b> 10-10:50am Suzanne 11-11:50am Dr. Miller	<b>FitCulture Strength</b> 9-10am	<b>Hatha Yoga</b> 9:45-10:45am Michelle F.
<b>Meditation</b> 11:15-11:45am Dr. Miller	<b>Tai Chi</b> 1-2pm Rosalind			<b>#LaBlast®</b> 11-11:50am Jaime	<b>Tai Chi</b> 9:45-10:45am Rosalind	<b>Pilates</b> 11-11:50am Jessica
	<b>*The Art of Makeup</b> 3:30-4:30pm Angie		<b>New!</b> <b>FitCulture Kickboxing</b> 4:30-5:15pm	<b>#American Sign Language (ALS)</b> 12:45-2:15pm Alina	<b>Cycle Blast</b> 10-11am George	<b>Cardio Hip Hop</b> 12-1pm Gabriela
	<b>New!</b> <b>FitCulture Kickboxing</b> 4:30-5:15pm		<b>FitCulture Strength</b> 6-7pm	<b>#Ballroom Dance</b> 12:45-2:15pm Eugene	<b>Vinyasa Yoga</b> 11am-12pm Jeannie	
<b>Cycle Blast</b> 6-7pm Stacy	<b>FitCulture Strength</b> 6-7pm	<b>Spin</b> 6-7pm Nikole	<b>Vinyasa Yoga</b> 6:15-7:15pm Jeannie	<b>*Art Studio</b> 3:30-4:30pm Vickie	<b>*Italian Language Intermediate</b> 12-1pm Maria	
<b>FitCulture Kickboxing</b> 7-8pm	<b>Dance &amp; Tone</b> 6:15-7:15pm Roseann	<b>Hatha Yoga</b> 6:15-7:15pm Suzanne	<b>Buddha Hand Kung Fu</b> 6:45-8:15pm James	<b>POUND® Unplugged</b> 5:45-6:30pm Stacy	<b>*Italian Language Beginner</b> 1-2pm Maria	
<b>POUND®</b> 7:15-8pm Stacy	<b>Buddha Hand Kung Fu</b> 6:30-8pm Peter	<b>FitCulture Kickboxing</b> 7-8pm	<b>Spin</b> 7:15-8pm Nikole	<b>FitCulture Kickboxing</b> 6:30-7:30pm	<b>Ballroom Dance</b> 5-6pm Eugene	
	<b>Pilates</b> 8-8:50pm Jessica			<b>Zumba®</b> 7-8pm Stacy		<b># = Fun Fit Fridays Class; Open to all Members</b>