Spring Fitness Class Schedule

FREDERICK
PARKS & RECREATION

-Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:45am **City Cycle** Hall of Fame (Evie Burge)	6-7am **Power Sculpt** MPRL3 (Lora Scott)		6-7am **Power Sculpt** MPRL3 (Lora Scott)	5:45-6:45am **City Cycle** Hall of Fame (Evie Burge)	
9-10am **Cardio Sculpt** Virtual Class (Darlene Posey)	10:15-11:15am **Gentle Yoga** MPRL3 (Stacey Brown)	9-10am **Cardio Sculpt** Virtual Class (Darlene Posey)		9-10am **Cardio Sculpt** Virtual Class (Darlene Posey)	8:30-9:30am **Power Sculpt** MPL3 (Lora Scott)
10:15-11:15am **Beginner Yoga** MPRL3 (Stacey Brown)		5-6pm **City Cycle** Hall of Fame (Evie Burge)	4-5pm **Cardio Sculpt** Virtual Class (Darlene Posey)		9:30-10:30am **City Cycle** Hall Of Fame
4-5pm **Cardio Sculpt** Virtual Class (Darlene Posey)	5-6pm **Body Blast** MPL3 (Theresa Thomas	5:30-6:30pm **Dj Ercise** MPRL3 (Marcia Fortunado)	5-6pm **Body Blast** MPRL3 (Theresa Thomas)		9:45-10:45am **Pilates** MPL3 (Lora Scott)
5:30-6:30pm **Dj Ercise** MPRL3 (Marcia Fortunado)		6-7pm **Flow Yoga** MPRB (Stacey Brown)	6:15-7:15pm **Pilates** MPL3 (Lora Scott)	6-7pm **Mixed Level Flow Yoga** MPRL3 (Caroline Stevens)	