



*Spring Forward
Sunday, March 14th*

Mon	Tue	Wed	Thu	Fri	Sat
Early Morning classes	Spin & Strength* 6-7 am <i>Kari</i> Pace Setters Basic Conditioning 7:30-8:30 am <i>Ron</i>	Yoga 6-7am <i>Margie</i>	Basic Cycle* 6-7am <i>Laura</i> Pace Setters Basic Conditioning 7:30-8:30 am <i>Ron</i>	Basic Cycle* 6-7am <i>Laura</i>	Yoga 7-7:45am <i>Maggie</i>
Morning classes Firm & Tone 9-9:45 am <i>Susan</i> Step Xpress 9:45-10:30 am <i>Susan</i> Basic Cycle* 9:45-10:30 am <i>Eddie</i> Stretch 10:30-11:15am <i>Jacqueline</i>	Basic Cycle* 9-9:45am <i>Eddie</i> Boot Camp Workout 9-9:45am <i>Jeanne</i> Yoga 9:50-10:40 am <i>Jeanne</i>	Firm & Tone 9-9:45 am <i>Susan</i> Step Xpress 9:45-10:30 am <i>Susan</i> Pilates 10:30-11:30 am <i>Sharon</i> Pace Setters Cardio Sculpt# 10-10:45 am <i>Susan</i>	Interval 9-9:45 am <i>Susan</i> Basic Cycle* 9-9:45am <i>Jeanne</i> Yoga 9:50-10:40 am <i>Jeanne</i> Weight Room Intro* 10-11am <i>David</i>	Zumba 9-9:45 am <i>Terri</i> Kickboxing 9:45-10:30 am <i>Tiffany</i> Pace Setters Cardio Sculpt# 10-10:45 <i>Susan S.</i> Pilates 10:30-11:30 <i>Jacqueline/Sharon</i>	Indoor Cycle 9:30-10:30am <i>Steve</i> Step 9-10 am <i>Dorothy</i> Abs & Arms 10-10:30 am <i>Dorothy</i> Zumba 10:30-11:30 <i>Terri</i> Weight Room Intro* 10:45-11:30am <i>David</i>
Afternoon classes	Indoor Cycle* 12-12:45 pm <i>Megan</i>	Firm & Tone 12-12:45 pm <i>Susan</i>	Indoor Cycle* 12-12:45 pm <i>Laura</i>		
Evening classes Posture Improvement 4-5pm <i>Denise</i> Strength Training 5-6pm <i>Denise</i> Pilates # 6:15-7pm <i>Jeanne</i> Basic Cycle* 6-7pm <i>Kari</i> Zumba 6-7pm <i>Terri</i> Abs & Arms 7-7:30 pm <i>Dorothy</i> Step 7:30-8:30 pm <i>Dorothy</i>	Abs & Arms 5:30-6 pm <i>Carla</i> Firm & Tone 6-7 pm <i>Carla</i> Race & Ride* 6-7pm <i>Kathy</i> Yoga 7-8:15pm <i>Elijah</i> Weight Room Intro* 7-8pm <i>David</i>	Tweens-N-Training^ 6-7 pm <i>David</i> Indoor Cycle* 6-7pm <i>Jeanne</i> Step 6-7pm <i>Tiffany</i> Beginning Yoga 7-8pm <i>Jeanne</i>	Endurance Cycle 6-7 pm <i>Troy</i> Firm & Tone 6-7pm <i>Carla</i> Yoga 7-8pm <i>Maggie</i>	TNT Indoor Cycle* 6-6:45pm <i>Alicia</i>	New Tweens-n- Training class!
				<p>* classes held in Fitness Mezzanine # classes held in KidsPlex room ^ classes held around facility– meet in lobby</p>	



Off the schedule for March...
- Mon 6am Yoga
- Wed 6am spin
-Wed 7pm Firm & Tone
-Fri 5:30pm Firm & Tone

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