



MARCH

2019

# ADDITIONAL CLASS CALENDAR

Weekends  
Demos  
TRX  
Rowing

## NOTES

**BOXING BOOTCAMP:** Learn combinations on the Heavy Bags and Speed Bags. Class will be held on and off the bag as participants incorporate all of Western's favorite toys, including TRX, battleropes, kettlebells, rowers, and more. This is a full body, hour-long workout open to all levels! Learn more at [westernracquet.com](http://westernracquet.com).

**CONDITIONING CAMP:** Our March Sunday Snippet is Conditioning Camp. Try out this fun HIIT-based cardio class with an emphasis on "conditioning".

Reminder: All Premier class offerings (rowing & TRX classes) have required sign up due to limited space. Premium class packages are available.

Please sign up at [westernracquet.com](http://westernracquet.com) or by call the front desk at 497-1161

Classes indicated with an \* require advance sign up. Sign up sheets for cycling and barre will be made available 30 minutes before the start of class. You may sign up for **ONLY** your own spot.

SUN	MON	TUES	WED	THURS	FRI	SAT
					1 BOXING BOOTCAMP *10:30am with Becky W. Barre *5:30pm with Becky W.	2 8:00am - STEP with Jamie INDOSROW® *9:00am with Becky W. 9:00am - STRENGTH with Stephanie L. 10:00am - YOGA with Jackie S.
3 CYCLE *9:00am Cycling Theme Ride Queen Ride with Becky W. Conditioning Camp 1:00pm with Lisa O.	4 INDOSROW® *10:00am with Kari	5 BOXING BOOTCAMP *4:30pm with Dan CORECREW *5:30pm with Jessie	6	7	8 BOXING BOOTCAMP *6:00am with Katie BIKER CHICKS *5:30pm with Peggy	9 TRX *DROP-IN 8:00am with Nichelle STRONG BY ZUMBA® 8:00am with Sara S. 9:00am - STRENGTH with Kimberly 10:00am - YOGA with Billie
10 Conditioning Camp 1:00pm with Becky W.	11 INDOSROW® *10:00am with Dan	12 BOXING BOOTCAMP *11:30am with Kari BOXING BOOTCAMP *4:30pm with Dan CORECREW *5:30pm with Jessie	13	14	15 BOXING BOOTCAMP *6:00am with Katie INDOSROW® *9:00am with Kari Barre *5:30pm with Nichelle	16 Barre *8:00am with Cathy 9:00am - STRENGTH with Amy M. 10:00am - YOGA with Cathy
17 Conditioning Camp 1:00pm with Becky V.	18 INDOSROW® *10:00am with Dan	19 BOXING BOOTCAMP *4:30pm with Dan CORECREW *5:30pm with Jessie	20 TRX Session Sign-up TRX 101 *5:30pm with Becky V.(FREE)	21 TRX 101 *4:30pm with Becky W.(FREE)	22 BOXING BOOTCAMP *10:30am with Becky W. BIKER CHICKS *5:30pm with Amanda B.	23 TRX *DROP-IN 8:00am with Nichelle 8:00am - CYCLING with Alissa INDOSROW® *9:00am with Peggy 9:00am - STRENGTH with MaKenna 10:00am - YOGA with Nichelle (studio 1)
24 Conditioning Camp 1:00pm with Sara S.	25 INDOSROW® *10:00am with Becky W. TRX 101 *5:30pm with Katie(FREE)	26 BOXING BOOTCAMP *11:30am with Kari BOXING BOOTCAMP *4:30pm with Dan	27	28	29 BOXING BOOTCAMP *6:00am with Katie INDOSROW® *9:00am with Sara S. YBike & Barre *5:30pm with Becky W.	30 8:00am - CYCLING with Amanda B. INDOSROW® *9:00am with Amanda B. 9:00am - STRENGTH with MaKenna 10:00am - YOGA with Amy X.
31 Conditioning Camp 1:00pm with Jessie V. and Kimberly						