



Attention Members:

Due to facility improvements, **the group fitness studio will be closed** beginning Monday, March 25 at 12pm and will re-open on Monday, April 1. The studio floors are being resurfaced, which may produce an odor. We will do our best to ventilate the facility. All other areas of the facility will remain open and we encourage you to use the other fitness amenities available during this time. We apologize for any inconvenience and thank you for your understanding.

Please see the schedule below for details on our group fitness class offerings from Saturday, March 23 to Monday, March 25. A new group fitness schedule will begin on Monday, April 1. Pick up a copy of the new schedule at the front desk or download the schedule online at www.AckermanSFC.com.

SATURDAY, MARCH 23

Time	Class	Instructor
7am-7:55am	Spin	Karen
8am-8:55am	Total Conditioning	Karen
9am-9:55am	BODYPUMP™	Karen
10am-10:55am	WERQ	Sarella
11am-11:55am	Yoga	Stacey

SUNDAY, MARCH 24

Time	Class	Instructor
7:15am-8:10am	Spin	Karen
8:15am-8:45am	BODYPUMP™ Express	Karen
9am-9:55am	Yoga	Kelly
10am-10:55am	Vinyasa Yoga	Kelly
11am-11:55am	BODYPUMP™	Krista

MONDAY, MARCH 25

Time	Class	Instructor
5am-5:25am	Spin Express	Karen
5:30am-6:25am	BODYPUMP™	Karen
7am-7:55am	Silver Sneakers	Joan
8am-8:55am	Tabata	Patti
9am-9:55am	BODYPUMP™	Joan
10am-10:55am	Total Conditioning	Patti
11am-11:45am	Functional Fit	Stacey

Evening classes have been cancelled for Monday, March 25.