



# March Clovis Aerobic Schedule

## Monday

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### Surge Hybrid

5:15am-6:15am - Gina

### Pilates H.I.I.T

7:00:8:00am - Sherrod

### High Fitness

8:30-9:30am - Jen

### Sculpt

9:30-10:30am - Jen

### High Fitness

5:30-6:30pm - Jenna

### Pilates

6:30-7:30pm - Ashley M.

### Yoga

7:35-8:35pm - Ginger

## Tuesday

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### H.I.I.T

5:00-6:00am - Mary

### High Fitness

8:30-9:30am - Dre/Crystal

### Surge Strength

9:30-10:30am - Allison

### Surge Strength + High Fitness

5:00-6:00pm - Nicole/Paige

### Yoga

7:30-8:30pm - Jlm

### Dance Fitness

8:30-9:30pm- Jared

## Wednesday

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### Conditioning & Core

5:00-6:00am - Mary

### Pilates H.I.I.T

7:00:8:00am - Sherrod

### High & Surge

8:30-9:30am - Allison

### Dance Fitness

9:30-10:30am - Vicki

### Surge Fit

5:30-6:30pm - Nicole

### Pilates

6:30-7:30pm - Ashley M.

### TURN UP

7:30-8:30pm - Tiffany

## Thursday

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### H.I.I.T

5:00-6:00am - Mary

### High Fitness

8:30-9:30am - May

### Surge/Sculpt

9:30-10:30am - Hannah/Jenn

### Surge Strength

5:00-6:00pm - Allison

### Yoga

7:15-8:15pm - Rhonda

### Dance Fitness

8:30-9:30pm- Jared

## Friday

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### Pilates H.I.I.T

7:00:8:00am - Sherrod

### Zumba

8:15-9:15am - Julianne

### Kick Fit

9:15-10:15am - Susan

### Surge Fit

5:30-6:30pm - Allison

### Dance Fitness

6:30-7:30pm - Manny

## Saturday

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### High Fitness

8:30-9:30am - May

### Yoga

10:00-11:00am - Rhonda

## Sunday

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### High Fitness

8:30-9:30 am - May

### Highyo

9:30-10:30 am - Allison

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