

March *Group Fitness* Challenge 2018



Class Participation Form

Keep track of all 12 Sports West Group Fitness Classes that you attend in March - *(be sure to get the instructor's signature!)*
Then bring to Fitness Office to be entered into Prize Drawing!

SPORTS WEST GROUP FITNESS CLASS	CLASS TIME	INSTRUCTOR SIGNATURE	DATE
BOOTCAMP EXPRESS!			
BOOT CAMP			
CARDIO DANCE			
CORE EXPRESS!			
YOGA FLOWS			
FUNCTIONAL FITNESS <i>for</i> ACTIVE AGING			
MAT PILATES W/PROPS			
MUSCLES, HEART & CORE			
CARDIO EUPHORIA			
H.I.I.T. YOUR GOAL			
MAT PILATES			
CARDIO SCULPT			
ZUMBA!®			
CORE STRETCH			
U-JAM			
SWAC CARDIO DANCE			
UNDERGROUND CYCLE			
CORE STRETCH			
TOTAL CORE FUSION			
CARDIO DANCE			
CANDLE LIGHT YOGA			
TURBO KICK			
CARDIO MIX			
ACTIVE AGING			
TAI CHI EASY			
ULTIMATE FIT			
RHYTHM NATION!			
DANCE BODY BOOTCAMP			
CARDIO MIX			

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SPORTS WEST GROUP FITNESS CLASS	CLASS TIME	INSTRUCTOR SIGNATURE	DATE
TOTAL STEP!			
JUNGLE GYM (<i>Fee Class</i>)			
YOGA			
YOGA FLOWS			
POWER YOGA			
YOGA FUSION			
YIN YOGA			
CANDLELIGHT YOGA FLOWS			
CYCLING			
CARDIO CYCLE			
CYCLE HIIT EXPRESS			
ROW-N-RIDE			
SPIN CAMP			
CYCLE CARDIO EXPRESS			
ROW, RIDE, GLUTES, & ABS			
AQUATICS	CLASS TIME	INSTRUCTOR SIGNATURE	DATE
HYDRO-FIT			
MASTER SWIM			
BEGINNING MASTER SWIM			
AQUA ZUMBA®			
PILATES			
FREE PILATES DEMO • 11:00 AM (1st and 3rd Saturday of the month)			
NUTRITION & FITNESS TALK “Cooking Tips to Preserve Nutrients in Food & Recipes” Thursday, March 15th, 2018- Noon			