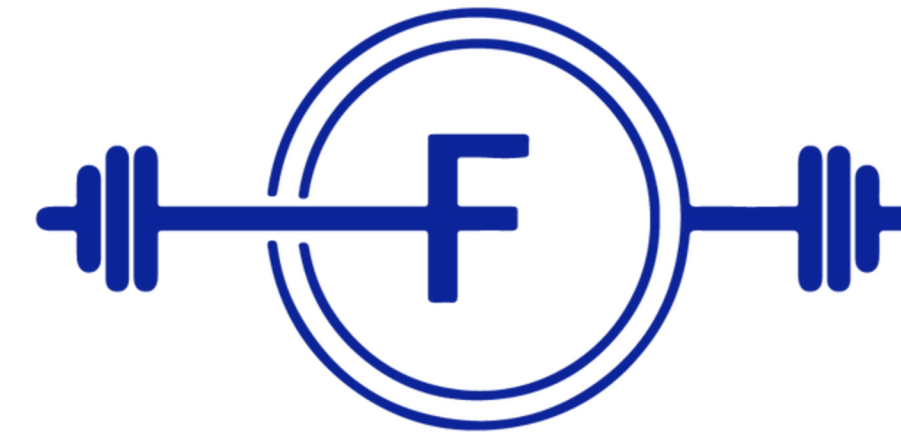


Group Fitness Classes

MARCH 2025



For daily updates, schedule changes and more, be sure to follow us on Facebook!

FUNCTIONAL-FITNESS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLASSES SHOWN IN RED ARE HOT CLASSES (IN THE HOT ROOM).						<p>1</p> <p>8:00 am Jazzercise 9:00 am Hot Buti Vibes 9:15 am Pump 11:00 am Karate</p>
<p>2</p> <p>9:00 am Gentle Yoga 9:00 am Barre 10:15 am Buti Movement 6:30 pm Buti Movement 7:30 pm Buti Q&A Workshop</p>	<p>3</p> <p>7:00 am Step & Squat 9:00 am Barre 9:15 am Jazzercise 10:15 am Buti Movement 4:15 pm WERQ 5:15 pm Kick 5:15 pm Jazzercise</p>	<p>4</p> <p>5:15 am Hot Buti Vibes 7:00 am Ageless Athletes 9:00 am Barre Heat 5:15 pm Barre 6:15 pm Tone Core & More 7:30 pm Hot Buti Vibes</p>	<p>5</p> <p>5:15 am Barre Heat 8:15 am Jazzercise 9:30 am Bootcamp 5:15 pm Jazzercise 5:30 pm Hot Buti Vibes 6:15 pm Strength 6:30 pm Karate 7:30 pm Hot Buti Vibes</p>	<p>6</p> <p>5:15 am IKYAC 8:00 am Ageless Athletes 9:00 am Unwind Yoga 5:15 pm Bootcamp 6:15 pm Tone Core & More 7:30 pm Hot Buti Vibes</p>	<p>7</p> <p>7:45 am Funct. Kettlebells 9 am Basic Step & Balance 9:30 am Bootcamp 10:00 am Unwind Yoga 6 pm Glow WERQ POP UP</p>	<p>8</p> <p>8:00 am Jazzercise 9:15 am Barre Burn Heat 11:00 am Karate</p>
<p>9</p> <p>9:00 am Gentle Yoga 9:00 am Barre</p>	<p>10</p> <p>7:00 am Step & Squat 8:00 am Yin Yoga Reset 9:00 am Barre 9:15 am Jazzercise 4:15 pm WERQ 5:15 pm Kick 5:15 pm Jazzercise</p>	<p>11</p> <p>5:15 am Hot Buti Vibes 7:00 am Ageless Athletes 9:00 am Barre Heat 5:15 pm Barre 6:15 pm Tone Core & More 7:30 pm Hot Buti Vibes</p>	<p>12</p> <p>5:15 am Barre Heat 8:15 am Buti Movement 9:30 am Kick 5:15 pm Jazzercise 5:30 pm Hot Buti Vibes 6:15 pm Strength 6:30 pm Karate 7:30 pm Hot Buti Vibes</p>	<p>13</p> <p>5:15 am IKYAC 8:00 am Ageless Athletes 9:00 am Unwind Yoga 5:15 pm Bootcamp 6:15 pm Tone Core & More 7:30 pm Hot Buti Vibes</p>	<p>14</p> <p>7:45 am Funct. Kettlebells 8:15 am Buti Movement 9 am Basic Step & Balance 10:00 am Unwind Yoga 9:30 am Bootcamp 11:00 am Buti Sculpt* 6:00 pm Bootcamp POP UP</p>	<p>15</p> <p>8:00 am Jazzercise 9:00 am Hot Buti Vibes 9:15 am Pump 10:30 am Hot Buti Bands NEW! 11:00 am Karate</p>
<p>16</p> <p>9:00 am Gentle Yoga 9:00 am Barre 10:15 am Buti Bands NEW! 6:30 pm Buti Movement 7:30 pm Buti Q&A Workshop</p>	<p>17</p> <p>7:00 am Step & Squat 8:00 am Yin Yoga Reset 9:00 am Barre 9:15 am Jazzercise 10:15 am Buti Sculpt NEW! 4:15 pm WERQ 5:15 pm Kick 5:15 pm Jazzercise</p>	<p>18</p> <p>5:15 am Hot Buti Vibes 7:00 am Ageless Athletes 9:00 am Barre Heat 5:15 pm Barre 6:15 pm Tone Core & More 7:30 pm Hot Buti Vibes</p>	<p>19</p> <p>5:15 am Barre Heat 8:15 am Jazzercise 9:30 am Kick 5:15 pm Jazzercise 5:30 pm Hot Buti Vibes 6:15 pm Strength 6:30 pm Karate 7:30 pm Hot Buti Vibes</p>	<p>20</p> <p>5:15 am IKYAC 8:00 am Ageless Athletes 9:00 am Unwind Yoga 5:15 pm Bootcamp 6:15 pm Tone Core & More 7:30 pm Hot Buti Vibes</p>	<p>21</p> <p>7:45 am Funct. Kettlebells 9 am Basic Step & Balance 9:30 am Bootcamp 10:00 am Unwind Yoga 11 am Buti Sculpt NEW! 6:00pm Barre Heat POP UP 6:30 pm Buti Movement</p>	<p>22</p> <p>8:00 am Jazzercise 9:15 am Barre Burn Heat 11:00 am Karate</p>
<p>23</p> <p>9:00 am Barre 10:15 am Buti Bands NEW!</p>	<p>24</p> <p>7:00 am Step & Squat 8:00 am Yin Yoga Reset 9:00 am Barre 9:15 am Jazzercise 10:15 am Buti Sculpt NEW! 4:15 pm WERQ 5:15 pm Kick 5:15 pm Jazzercise</p>	<p>25</p> <p>5:15 am Hot Buti Vibes 7:00 am Ageless Athletes 9:00 am Barre Heat 5:15 pm Barre 6:15 pm Tone Core & More 7:30 pm Hot Buti Vibes</p>	<p>26</p> <p>5:15 am Barre Heat 8:15 am Jazzercise 9:30 am Kick 5:15 pm Jazzercise 5:30 pm Hot Buti Vibes 6:15 pm Strength 6:30 pm Karate 7:30 pm Hot Buti Vibes</p>	<p>27</p> <p>5:15 am IKYAC 8:00 am Ageless Athletes 9:00 am Unwind Yoga 5:15 pm Bootcamp 6:15 pm Tone Core & More 7:30 pm Hot Buti Vibes</p>	<p>28</p> <p>7:45 am Funct. Kettlebells 8:15 am Jazzercise 9 am Basic Step & Balance 9:30 am Bootcamp 10:00 am Unwind Yoga 11:00 am Buti Sculpt* 6 pm Bootcamp POP UP</p>	<p>29</p> <p>8:00 am Jazzercise 9:00 am Hot Buti Vibes 9:15 am Pump 10:30 am Hot Buti Bands NEW! 11:00 am Karate</p>
<p>30</p> <p>9:00 am Gentle Yoga 9:00 am Barre 10:15 am Buti Bands NEW! 6:30 pm Buti Movement 7:30 pm Buti Q&A Workshop</p>	<p>31</p> <p>7:00 am Step & Squat 8:00 am Yin Yoga Reset 9:00 am Barre 9:15 am Jazzercise 10:15 am Buti Sculpt NEW! 4:15 pm WERQ 5:15 pm Kick 5:15 pm Jazzercise</p>	<p>IMPORTANT</p> <p>Jazzercise questions should be directed to Peg Brom: elkhornjazzercise@gmail.com BUTI questions should be directed to Dori Beck: butimovementdori@gmail.com.</p>				

CLASS DESCRIPTIONS & MORE: functionalfitnesswi.com