

March 2022– Coleman Fitness

Sun	Mon	Tue	Wed	Thu	Fri	Sat
\$15 monthly, includes In-person & Virtual classes. ASTERISK means class is In-Person & Virtual 803-751-3700		<i>1</i> 12pm Toning 4pm-Cardio Sculpt* 6:15pm Weigh It Is	<i>2</i> 4pm Cardio & Core* 5:30pm Zumba-AS	<i>3</i> 4pm Waist & Up* 5:15pm RTB-AE	<i>4</i> 4pm Biggest Loser Soul Cycle @ Vanguard Gym*	<i>5</i> 8:30am *Pilates-CH <i>Series I</i> 9am BL 5K Walk 10am *Zumba-HW
<i>6</i> 10am Yoga w/Jim	<i>7</i> 10am Water Aerobics 4pm Circuit Training* 5:30pm Biggest Loser Zumba-HW*	<i>8</i> 12pm Toning 4pm-Cardio Sculpt* 6:15pm Weigh It Is (Easy Make w/ Angelita)	<i>9</i> 4pm Cardio & Core* 5:30pm Zumba-AS	<i>10</i> 4pm Waist & Up* 5:15pm RTB-AE	<i>11</i> 4pm Biggest Loser Soul Cycle @ Vanguard Gym*	<i>12</i> 8:30am *Pilates-CH <i>Series II</i> 9am BL 5K Walk 10am *Zumba-HW
<i>13</i> 10am Yoga w/Jim	<i>14</i> 10am Water Aerobics 4pm Circuit Training* 5:30pm Biggest Loser Zumba-HW*	<i>15</i> 12pm Toning 4pm-Cardio Sculpt* 6:15pm Weigh It Is	<i>16</i> 4pm Cardio & Core* 5:15pm <i>Self-Care Series</i> 5:30pm Zumba-AS	<i>17</i> 4pm Waist & Up* 5:15pm RTB-AE	<i>18</i> 4pm Biggest Loser Soul Cycle @ Vanguard Gym*	<i>19</i> 8:30am *Pilates-CH <i>Series III</i> 9am BL 5K Walk 10am *Zumba-HW
<i>20</i> 10am Yoga w/Jim	<i>21</i> 10am Water Aerobics 4pm Circuit Training* 5:30pm Biggest Loser Zumba-HW*	<i>22</i> 12pm Toning 4pm-Cardio Sculpt* 6:15pm Weigh It Is	<i>23</i> 4pm Cardio & Core* 5:30pm Zumba-AS	<i>24</i> 4pm Waist & Up* 5:15pm RTB-AE	<i>25</i> 4pm Biggest Loser Soul Cycle @ Vanguard Gym*	<i>26</i> 8:30am *Pilates-CH <i>Series IV</i> 9am BL 5K Walk 10am *Zumba-HW
<i>27</i> 10am Yoga w/Jim	<i>28</i> 10am Water Aerobics 4pm Circuit Training* 5:30pm Biggest Loser Zumba-HW*	<i>29</i> 12pm Toning 4pm-Cardio Sculpt* 6:15pm Weigh It Is	<i>30</i> 4pm Cardio & Core* 5:30pm Zumba-AS	<i>31</i> 4pm Waist & Up* 5:15pm RTB-AE	Instructors Alsena Edwards Jim Lewis Alicia Pena Pamela Sulton	
						Cynd Hartman Pam Long Angelita Santiago Harry Williams