

March Fitness Schedule

3/5 to 3/30

Day	Time	Length	Class	Location		
Monday	11:30 am	55 minutes	Total Body Fit	Group Exercise Room		
	4:45 pm	55 minutes	Body Blast	Group Exercise Room		
	5:45 pm	55 minutes	Balance, Core & Barre	Group Exercise Room		
	6:45 pm	45 minutes	Intro to Fitness	Group Exercise Room		
Tuesday	4:45 pm	55 minutes	Lower Body Sculpting	Group Exercise Room		
	5:45 pm	55 minutes	Kickboxing	Group Exercise Room		
	6:45 pm	45 minutes	Cardio Mixer	Group Exercise Room		
Wednesday	11:30 am	55 minutes	Total Body Fit	Group Exercise Room		
	4:45 pm	55 minutes	Body Blast	Group Exercise Room		
	5:45 pm	55 minutes	Yoga	Group Exercise Room		
	6:45 pm	45 minutes	Strength and Conditioning 101	Group Exercise Room		
	6:30 pm	80 minutes	Stress Management	Fitness Meeting Room		
Thursday	11:30am	80 minutes	Mindful Yoga & Meditation	Group Exercise Room		
	4:45 pm	55 minutes	Boot Camp	Group Exercise Room		
	5:45 pm	55 minutes	Pilates	Group Exercise Room		
	6:45 pm	45 minutes	Armor Abs, Speed & Agility	Group Exercise Room		

SPORTS SCHEDULE!	MON	Pick Up Basketball @ 6pm
	TUE	Pick Up Volleyball @ 6pm
	WED	Pick Up Basketball @ 6pm
	THU	Pick Up Volleyball @ 6pm

SPRING IS COMING SOON!