



# March 2019 Fitness Studio

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> Open	<b>2</b> 8am - 9:20am Core & Stretch
<b>3</b> 3pm - 4pm Zumba	<b>4</b> 6:30pm - 7:30pm Zumba	<b>5</b> 10am - 11am Tai Chi/Laughter Yoga	<b>6</b> 6:30pm - 7:30pm Zumba	<b>7</b> 10am - 11am Tai Chi/Laughter Yoga  5:30pm - 6:20pm Spin Class	<b>8</b> Open	<b>9</b> 8am - 9:20am Core & Stretch
<b>10</b> 3pm - 4pm Zumba	<b>11</b> 6:30pm - 7:30pm Zumba	<b>12</b> 10am - 11am Tai Chi/Laughter Yoga	<b>13</b> 6:30pm - 7:30pm Zumba	<b>14</b> 10am - 11am Tai Chi/Laughter Yoga  5:30pm - 6:20pm Spin Class	<b>15</b> Open	<b>16</b> 8am - 9:20am Core & Stretch
<b>17</b> 3pm - 4pm Zumba  	<b>18</b> 6:30pm - 7:30pm Zumba	<b>19</b> 10am - 11am Tai Chi/Laughter Yoga	<b>20</b> 6:30pm - 7:30pm Zumba	<b>21</b> 10am - 11am Tai Chi/Laughter Yoga  5:30pm - 6:20pm Spin Class	<b>22</b> Open	<b>23</b> 8am - 9:20am Core & Stretch
<b>24</b> 3pm - 4pm Zumba	<b>25</b> 6:30pm - 7:30pm Zumba	<b>26</b> 10am - 11am Tai Chi/Laughter Yoga	<b>27</b> 6:30pm - 7:30pm Zumba	<b>28</b> 10am - 11am Tai Chi/Laughter Yoga  5:30pm - 6:20pm Spin Class	<b>29</b> Open	<b>30</b> 8am - 9:20am Core & Stretch
<b>31</b> 3pm - 4pm Zumba	<b>Times not designated are for "Open Use"</b> <b>However, the schedule could change</b> <b>without prior notice.</b>					