




March 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9:00 Power Pump (Holly) 10:30 Chair Yoga (Amy) 12:15 HIT (Cheri) 4:50 Yoga (Amy) 6:30 Zumba (Brooke)	3 6:45am Morning Yoga (Amy) 9:00 Bike/Sculpt (Carol) 9:30 On The Ball (Jacob) 10:30 Fit For Life (Carol) 11:00 C Training (Taylor) 4:30 Fun Run (Jacob) 5:15 HIT (Cheri)	4 9:00 Power Camp (Holly) 10:30 Kettlebell (Carol) 11:45 C. SilverSneakers (Carol) 5:15 Power Yoga (Amy) 6:30 Zumba (Brooke)	5 6:45am Morning Yoga (Amy) 8:00 Bike/Sculpt (Carol) 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 12:15 Yoga (Amy) 5:00 Pull (Jacob) 6:15 HIT (Cheri) 	6 9:00 Zone Tone (Holly) 11:45 MSROM Silver-Sneakers (Carol) 5:00 Push (Ryan)	7
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