



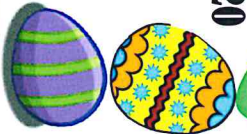



March 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
	9:00 Power Pump (Danielle) 10:30 Chair Yoga (Danielle) 4:00 iMove (Rissa) 4:50 Yoga (Simon) 6:30 Zumba (Brooke)	9:00 Bike/Sculpt (Carol) 9:30 On The Ball (Jacob) 10:30 Fit For Life (Carol) 11:00 C Training (Taylor) 12:15 Yoga (Amy) 4:30 Fun Run (Jacob)	9:00 Power Camp/ Kettle-bell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 4:00 iTone (Rissa) 5:15 Power Yoga (Simon)	9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 5:00 Pull (Jacob)	9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:00 Yoga (Danielle) 5:15 iTone (Rissa) 6:30 Zumba (Brooke)	
6	7	8	9	10	11	12
	9:00 Power Pump (Danielle) 10:30 Chair Yoga (Danielle) 4:00 iMove (Rissa) 4:50 Yoga (Simon) 6:30 Zumba (Brooke)	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)	9:30 Power Camp/ Kettle-bell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 4:00 iTone (Rissa) 5:15 Power Yoga (Simon)	9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 5:00 Pull (Jacob)	9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:00 Yoga (Danielle) 5:15 iTone (Rissa) 6:30 Zumba (Brooke)	19
13	14	15	16	17	18	19
	9:00 Power Pump (Danielle) 10:30 Chair Yoga (Danielle) 4:00 iMove (Rissa) 5:00 Core Blast (Rissa) 6:30 Zumba (Brooke)	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)	9:00 Power Camp/ Kettle-bell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 4:00 iTone (Rissa) 5:15 Core Blast (Rissa)	9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 5:00 Pull (Jacob)	9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:00 Yoga (Danielle) 5:15 iTone (Rissa) 6:30 Zumba (Brooke)	26
20	21	22	23	24	25	26
	9:00 Power Pump (Danielle) 10:30 Chair Yoga (Danielle) 4:00 iMove (Rissa) 4:50 Core Blast (Carol)	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)	9:00 Power Camp/ Kettle-bell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 4:00 iTone (Rissa) 5:15 Core Blast (Carol)	9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 5:00 Pull (Jacob)	9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:00 Yoga (Danielle) 5:15 iTone (Rissa) 6:30 Zumba (Brooke)	
27	28	29	30	31	31	
	9:00 Power Pump (Danielle) 10:30 Chair Yoga (Amy) 4:00 iMove (Rissa) 4:50 Yoga (Amy) 6:30 Zumba (Brooke)	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)	6:45am Yoga (Amy) 9:00 Power Camp/ Kettle-bell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 4:00 iTone (Rissa) 5:15 Power Yoga (Amy)	9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 5:00 Pull (Jacob)	