

# March 2018 Fitness Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Classes in BLUE are held in the indoor pool	F.I.T. on Tuesday's & Thursday's has changed to a new time!!!		1 5:30-6:15 am Cycling 6:00-6:45 am Aquasthenics 8:30-9:15 am Pilates 12:00-12:30 pm Fit in 30 5:30-6:15 pm F.I.T.	2 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch	3
4	5 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 6:00-6:45 am Aquasthenics 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch 12:00-12:30 pm Fit in 30 5:30-6:30 pm PiYo with Jo	6 5:30-6:15 am Cycling 6:00-6:45 am Aquasthenics 8:30-9:15 am Pilates 12:00-12:30 pm Fit in 30 5:30-6:15 pm F.I.T.	7 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch 12:00-12:30 pm Fit in 30 5:30-6:30 pm PiYo with Jo	8 5:30-6:15 am Cycling 6:00-6:45 am Aquasthenics 8:30-9:15 am Pilates 12:00-12:30 pm Fit in 30 5:30-6:15 pm F.I.T.	9 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch	10
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25	26 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 6:00-6:45 am Aquasthenics 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch 12:00-12:30 pm Fit in 30 5:30-6:30 pm PiYo with Jo	27 5:30-6:15 am Cycling 6:00-6:45 am Aquasthenics 8:30-9:15 am Pilates 12:00-12:30 pm Fit in 30 5:30-6:15 pm F.I.T.	28 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch 12:00-12:30 pm Fit in 30 5:30-6:30 pm PiYo with Jo	29 5:30-6:15 am Cycling 6:00-6:45 am Aquasthenics 8:30-9:15 am Pilates 12:00-12:30 pm Fit in 30 5:30-6:15 pm F.I.T.	30 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch	31