



March



Saturday Class Lineup

March 2nd

8- Cycling- Kim
9- PiYo- Cynthia
9- Water Fit- Ester
10:15- Yoga- Ester

March 9th

8 – Cycling- Brittany
9- BODYCOMBAT- Brittany
9- Water Fit- Ester
10:00 CXWORX- Kristi
10:15- Yoga- Ester

March 16th

7- Step- Robin *Throwback Theme

8- Cycling- Brittany

9-11am- Fitness Sampler-2 hrs total

Features a 4 class rotation- Spin, Zumba & Bodypump for 25 minutes each, then we all come together for the last 25 minute class of CXWORX. ALL funds go to Annual Campaign

9 – Water Fit – Ester

10:15-Yoga– Ali

March 23rd

8-Cycling- Brittany
9-BODYPUMP- Julie
9 -Water Fit- Ester
10:00 CXWORX- Traci
10:15- Yoga- Ester

March 30th

7- Step –Robin
8- Cycling-Brittany
9- Zumba- Rachel
9- Water Fit- Ester
10:15- Yoga-Ester