



March 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <i>Step Interval</i> 9:15 Ann	2 <i>Independent Walk and Strength</i> Functional Fitness 9:15 - Freda	3 <i>Kickboxing</i> 9:15 Heather	4 <i>Abs & Sculpt</i> 9:15 Ann Functional Fitness 9:15 - Freda	5 <i>Cardio 9:15</i> Jill	6
7	8 <i>Step 9:15</i> Jill	9 <i>Independent Walk and Strength</i> Functional Fitness 9:15 - Freda	10 <i>Circuit 9:15</i> Heather	11 <i>Step Interval</i> 9:15 Heather Functional Fitness 9:15 - Freda	12 <i>Cardio Pilates</i> 9:15 Jill	13
14-Daylight Saving Time Begins 	15 <i>Step 9:15</i> Ann	16 <i>Independent Walk and Strength</i> Functional Fitness 9:15 - Freda	17 <i>Kickboxing</i> 9:15 Heather	18 <i>Abs & Sculpt</i> 9:15 Ann Functional Fitness 9:15 - Freda	19 <i>Cardio 9:15</i> Jill	20
21	22 <i>Step Kick 9:15</i> Ann	23 <i>Independent Walk and Strength</i> Functional Fitness 9:15 - Freda	24 <i>Circuit 9:15</i> Jill	25 <i>Stability Ball</i> 9:15 Heather Functional Fitness 9:15 - Freda	26 <i>Cardio 9:15</i> Heather	27
28-Palm Sunday 	29 <i>Step 9:15</i> Ann	30 <i>Independent Walk and Strength</i> Functional Fitness 9:15 - Freda	31 <i>Kickboxing</i> 9:15 Jill			

Spring is coming! ☺