



March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 CLOSED	27	28 	1 8:30-9:00 DANCE AEROBICS 9:00-9:30 STRETCH 4:30-5:30 DROP IN CIRCUIT	2 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW NO CLASS THIS WEEK	3 9:00-9:30 CHAIR STRETCH 9:30-10:00 CHAIR MUSCLE NO EVENING CLASSES	4 9:00-9:45 ZONE BURN by Justin
5 CLOSED	6 8:30-9:00 LINE DANCE 9:00-9:30 STRETCH 9:30-10:00 VIDEO CLASS 4:30-5:30 DROP IN CIRCUIT	7 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW 4:30-5:00 POWERSCULPT 5:00-5:30 YOGA	8 8:30-9:00 DANCE AEROBICS 9:00-9:30 STRETCH NO CLASS THIS WEEK	9 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW NO CLASS THIS WEEK	10 9:00-9:30 CHAIR STRETCH 9:30-10:00 CHAIR MUSCLE NO EVENING CLASSES	11 9:00-9:45 POWERSCULPT by Kyoko
12 CLOSED	13 8:30-9:00 LINE DANCE 9:00-9:30 STRETCH 9:30-10:00 VIDEO CLASS 4:30-5:00 POWERSCULPT	14 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW 4:30-5:00 POWERSCULPT 5:00-5:30 YOGA	15 8:30-9:00 DANCE AEROBICS 9:00-9:30 STRETCH NO CLASS THIS WEEK	16 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW 5:00-5:45 ZONE BURN	17 9:00-9:30 CHAIR STRETCH 9:30-10:00 CHAIR MUSCLE NO EVENING CLASSES	18 9:00-9:45 POWERSCULPT by Peggy
19 CLOSED	20 8:30-9:00 LINE DANCE 9:00-9:30 STRETCH 9:30-10:00 VIDEO CLASS 4:30-5:30 DROP IN CIRCUIT	21 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW 4:30-5:00 POWERSCULPT 5:00-5:30 YOGA	22 8:30-9:00 DANCE AEROBICS 9:00-9:30 STRETCH NO CLASS THIS WEEK	23 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW NO CLASS THIS WEEK	24 9:00-9:30 CHAIR STRETCH 9:30-10:00 CHAIR MUSCLE NO EVENING CLASSES	25 9:00-9:45 ZONE BURN by Justin
26 CLOSED	27 NO CLASS THIS WEEK 9:00-9:30 STRETCH 9:30-10:00 VIDEO CLASS 4:30-5:00 POWERSCULPT	28 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW NO CLASS THIS WEEK NO CLASS THIS WEEK	29 NO CLASS THIS WEEK 9:00-9:30 STRETCH NO CLASS THIS WEEK	30 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW 5:00-5:30 ZONE BURN	31 9:00-9:30 CHAIR STRETCH 9:30-10:00 CHAIR MUSCLE NO EVENING CLASSES	1
2	3 	<p>Instructor Color Code: Jeanne, Peggy, Steve, Justin, Kyoko, Student Lead</p> <p>LINE DANCE OFFERED ON MONDAYS FROM 8:30-9:00 AM BY JEANNE</p>				