

# MARCH 2019 FITNESS SCHEDULE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Feeling Fit 9-10am	2 Total Body Fitness 8:30-9:30am Yoga 9:45-11a
3	4 Feeling Fit 9-10am	5	6 Feeling Fit 9-10am Total Body Fitness 6:30-7:30pm	7 Yoga 7-8:15pm	8 Feeling Fit 9-10am	9 Total Body Fitness 8:30-9:30am Yoga 9:45-11a
10	11 Feeling Fit 9-10am	12	13 Feeling Fit 9-10am Total Body Fitness 6:30-7:30pm	14 Yoga 7-8:15pm	15 Feeling Fit 9-10am	16 Total Body Fitness 8:30-9:30am Yoga 9:45-11a
17	18 Feeling Fit 9-10am	19	20 Feeling Fit 9-10am Total Body Fitness 6:30-7:30pm	21 Yoga 7-8:15pm	22 Feeling Fit 9-10am	23 Total Body Fitness 8:30-9:30am Yoga 9:45-11a
24	25 Feeling Fit 9-10am	26	27 Feeling Fit 9-10am Total Body Fitness 6:30-7:30pm	28 Yoga 7-8:15pm	29 Feeling Fit 9-10am	30 Total Body Fitness 8:30-9:30am Yoga 9:45-11a
31	Feeling Fit 9-10am				<u>LOCATIONS:</u> Bayway Cabin Community Gym/BMS Gym Bay Lodge Dwyer Center Bay Rec	