



SS = Silver Sneakers Class

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>2</p> <p>7:00am Cardio Sculpt 9:00am Pilates 10:30am Yoga - Slow Flow</p> <p>2:00pm Body Basics SS</p> <p>6:30pm ZUMBA®</p>	<p>3</p> <p>7:00am Ashtanga Yoga 7:30am Guts & Butts 9:00am Walk 15 9:30am Restorative Stretch 10:00am Yogalates 11:00am Chair Yoga</p> <p>6:00pm Restorative Yoga 6:30pm Pound Fit</p>	<p>4</p> <p>7:00am Bit of Everything 8:30 Stretch 9:00am Pilates 10:30am Dance Fitness</p> <p>2:00pm Body Basics SS</p> <p>6:30pm Kula Yoga 6:30pm ZUMBA®</p>	<p>5</p> <p>7:00am Ashtanga Yoga 7:30am Bit of Everything 9:00am Walk 15 10:00am Core de Force 11:00am Free Style 50's SS</p> <p>5:30pm Pilates</p>	<p>6</p> <p>7:00am Step Interval 8:30 Stretch 9:00am Pilates 10:30am Yoga - Slow Flow</p> <p>6</p>	<p>7</p> <p>7:30am Ashtanga Yoga 8:30am Walk 15 9:00am Yoga - Slow Flow 9:45am Tai Chi Workshop 10am ZUMBA® Toning</p>	<p>8</p> <p>8:00am Restorative Stretch 9:00am Pilates</p>
<p>9</p> <p>7:00am Cardio Sculpt 9:00am Pilates 10:30am Yoga - Slow Flow</p> <p>2:00pm Body Basics SS</p> <p>6:30pm ZUMBA®</p>	<p>10</p> <p>7:00am Ashtanga Yoga 7:30am Guts & Butts 9:00am Walk 15 9:30am Restorative Stretch 10:00am Yogalates 11:00am Chair Yoga</p> <p>6:00pm Restorative Yoga 6:30pm Pound Fit</p>	<p>11</p> <p>7:00am Bit of Everything 8:30 Stretch 9:00am Pilates 10:30am Dance Fitness</p> <p>2:00pm Body Basics SS</p> <p>6:30pm Kula Yoga 6:30pm ZUMBA®</p>	<p>12</p> <p>7:00am Ashtanga Yoga 7:30am Bit of Everything 9:00am Walk 15 10:00am Core de Force 11:00am Free Style 50's SS</p> <p>5:30pm Pilates</p>	<p>13</p> <p>7:00am Step Interval 8:30 Stretch 9:00am Pilates 10:30am Yoga - Slow Flow</p> <p>13</p>	<p>14</p> <p>7:30am Ashtanga Yoga 8:30am Walk 15 9:00am Yoga - Slow Flow 9:45am Tai Chi Workshop 10am ZUMBA® Toning</p>	<p>15</p> <p>8:00am Restorative Stretch 9:00am Pilates</p>
<p>16</p> <p>7:00am Cardio Sculpt 9:00am Pilates 10:30am Yoga - Slow Flow</p> <p>2:00pm Body Basics SS</p> <p>6:30pm ZUMBA®</p>	<p>17</p> <p>7:00am Ashtanga Yoga 7:30am Guts & Butts 9:00am Walk 15 9:30am Restorative Stretch 10:00am Yogalates 11:00am Chair Yoga</p> <p>6:00pm Restorative Yoga 6:30pm Pound Fit</p>	<p>18</p> <p>7:00am Bit of Everything 8:30 Stretch 9:00am Pilates 10:30am Dance Fitness</p> <p>2:00pm Body Basics SS</p> <p>6:30pm Kula Yoga 6:30pm ZUMBA®</p>	<p>19</p> <p>7:00am Ashtanga Yoga 7:30am Bit of Everything 9:00am Walk 15 10:00am Core de Force 11:00am Free Style 50's SS</p> <p>5:30pm Pilates</p>	<p>20</p> <p>7:00am Step Interval 8:30 Stretch 9:00am Pilates 10:30am Yoga - Slow Flow</p> <p>20</p>	<p>21</p> <p>7:30am Ashtanga Yoga 8:30am Walk 15 9:00am Yoga - Slow Flow 9:45am Tai Chi Workshop 10am ZUMBA® Toning</p>	<p>22</p> <p>8:00am Restorative Stretch 9:00am Pilates</p>
<p>23</p> <p>7:00am Cardio Sculpt 9:00am Pilates 10:30am Yoga - Slow Flow</p> <p>2:00pm Body Basics SS</p> <p>6:30pm ZUMBA®</p>	<p>24</p> <p>7:00am Ashtanga Yoga 7:30am Guts & Butts 9:00am Walk 15 9:30am Restorative Stretch 10:00am Yogalates 11:00am Chair Yoga</p> <p>6:00pm Restorative Yoga 6:30pm Pound Fit</p>	<p>25</p> <p>7:00am Bit of Everything 8:30 Stretch 9:00am Pilates 10:30am Dance Fitness</p> <p>2:00pm Body Basics SS</p> <p>6:30pm Kula Yoga 6:30pm ZUMBA®</p>	<p>26</p> <p>7:00am Ashtanga Yoga 7:30am Bit of Everything 9:00am Walk 15 10:00am Core de Force 11:00am Free Style 50's SS</p> <p>5:30pm Pilates</p>	<p>27</p> <p>7:00am Step Interval 8:30 Stretch 9:00am Pilates 10:30am Yoga - Slow Flow</p> <p>27</p>	<p>28</p> <p>7:30am Ashtanga Yoga 8:30am Walk 15 9:00am Yoga - Slow Flow 9:45am Tai Chi Workshop 10am ZUMBA® Toning</p>	<p>29</p> <p>8:00am Restorative Stretch 9:00am Pilates</p>
<p>30</p> <p>7:00am Cardio Sculpt 9:00am Pilates 10:30am Yoga - Slow Flow</p> <p>2:00pm Body Basics SS</p> <p>6:30pm ZUMBA®</p>	<div style="border: 2px solid black; padding: 10px; text-align: center;"> <p>NEW CLASSES</p> <p>Join Bridget Wednesday & Friday at 8:30am for STRETCH before Pilates. Pilates NOT required.</p> <p>Join Julia for DANCE FITNESS at 10:30am on Wednesdays.</p> <p>and for CORE DE FORCE at 10:00am Thursdays,</p> </div>					<div style="border: 2px solid black; padding: 10px; text-align: center;"> <p>Closed Sunday April 1st Happy Easter</p> </div>