

March 2010

| SUN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT |
|----------------------|---|---|--|--|---|-----------|
| | 1 Boot camp 5:15-6:15am | 2 Wellness Center Step Aerobics 7-8pm | 3 Boot camp 5:15-6:15am Lay Park Zumba 12-1pm Streets & Drainage Stretch 3-3:30pm Wellness Center Yoga 7-8pm | 4 | 5 Boot camp 5:15-6:15am NO ZUMBA CLASS | 6 |
| 7 | 8 Boot camp 5:15-6:15am | 9 Wellness Center Step Aerobics 7-8pm | 10 Boot camp 5:15-6:15am Lay Park Zumba 12-1pm Streets & Drainage Stretch 3-3:30pm Wellness Center Yoga 7-8pm | 11 | 12 Boot camp 5:15-6:15am Memorial Park Zumba 5:15-6:15pm | 13 |
| 14 Time Change | 15 Boot camp 5:15-6:15am | 16 Wellness Center Step Aerobics 7-8pm | 17 Boot camp 5:15-6:15am Lay Park Zumba 12-1pm Streets & Drainage Stretch 3-3:30pm Wellness Center Yoga 7-8pm | 18 | 19 Boot camp 5:15-6:15am Lay Park Zumba 5:15- 6:15pm | 20 |
| 21 | 22 Boot camp 5:15-6:15am | 23 Wellness Center Step Aerobics 7-8pm | 24 Boot camp 5:15-6:15am Lay Park Zumba 12-1pm Streets & Drainage Stretch 3-3:30pm Wellness Center Yoga 7-8pm | 25 | 26 Boot camp 5:15-6:15am Memorial Park Zumba 5:15-6:15pm | 27 |
| 28 | 29 Boot camp 5:15-6:15am | 30 Wellness Center Step Aerobics 7-8pm | 31 Boot camp 5:15-6:15am Lay Park Zumba 12-1pm Streets & Drainage Stretch 3-3:30pm Wellness Center Yoga 7-8pm | Check out the new March classes offered at the Wellness Center. Please make suggestions for other classes that you would like offered at the Wellness Center. | | |

