

MARCH 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31					1	2
3 Jazzercise 3:00-4:00	4 Stephastic 7:00 AM Powerfit 12:00 Noon Yoga 4:00-5:00 PM Boot Camp 5:30 – 6:30 Meditation 6:30 – 7:30	5 Stepping 7:00 AM Pure Burn 12:00 Noon Pilates 4:30 – 5:30 Step 6:00 – 7:00 FREE Insanity 7:30-8:30	6 Go 7:00 AM Simple Stretches 12:00 Noon Wt. Watchers 4:15-5:00 Yoga 4:00 – 5:00 Boot Camp 5:30 – 6:30	7 Walking Video 7:00 AM Powerfit 12:00 Noon Pilates 4:30 – 5:30 Insanity 7:30 – 8:30	8	9 Zumba 11:00
10 Jazzercise 3:00 – 4:00	11 DTP Wk 1 Stephastic 7:00 AM Powerfit 12:00 Noon Yoga 4:00-5:00 PM Boot Camp 5:30 – 6:30 Meditation 6:30 – 7:30	12 Stepping 7:00 AM Pure Burn 12:00 Noon Pilates 4:30 – 5:30 Step 6:00 – 7:00 FREE Insanity 7:30-8:30	13 Go 7:00 AM Simple Stretches 12:00 Noon Wt. Watchers 11:00 – 12:30 Yoga 4:00 – 5:00 Boot Camp 5:30 – 6:30	14 Walking Video 7:00 AM Powerfit 12:00 Noon Pilates 4:30 – 5:30 Insanity 7:30 – 8:30	15	16 Zumba 11:00
17 Jazzercise 3:00 – 4:00	18 DTP Wk 2 Stephastic 7:00 AM Powerfit 12:00 Noon Yoga 4:00-5:00 PM Boot Camp 5:30 – 6:30 Meditation 6:30 – 7:30	19 Stepping 7:00 AM Pure Burn 12:00 Noon Pilates 4:30 – 5:30 Step 6:00 – 7:00 FREE Insanity 7:30-8:30	20 Go 7:00 AM Simple Stretches 12:00 Noon Wt. Watchers 11:00-12:30 Yoga 4:00 – 5:00 Boot Camp 5:30 – 6:30	21 Walking Video 7:00 AM Powerfit 12:00 Noon Pilates 4:30 – 5:30 Insanity 7:30 – 8:30	22	23 Zumba 11:00
24 Jazzercise 3:00 – 4:00	25 DTP Wk 3 Stephastic 7:00 AM Powerfit 12:00 Noon Yoga 4:00-5:00 PM Boot Camp 5:30 – 6:30 Meditation 6:30 -7:30	26 Stepping 7:00 AM Pure Burn 12:00 Noon Pilates 4:30 – 5:30 Step 6:00 – 7:00 Insanity 7:30-8:30	27 Go 7:00 AM Simple Stretches 12:00 Noon Wt. Watchers 11:00-12:30 Yoga 4:00 – 5:00 Boot Camp 5:30 – 6:30	28 Walking Video 7:00 AM Powerfit 12:00 Noon Pilates 4:30 – 5:30 Insanity 7:30 – 8:30	29	30 Zumba 11:00



Wellness Class Schedule

For more information or to register for classes, please call Lori @ 36302

All video classes are FREE!

All classes are held in the Wellness Room, 1st floor Andersen Center

This session of Weight Watchers will be held in the side room within the Harrison cafeteria