

Group Exercise Class Schedule

March 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Zumba-12:30-1:30pm Fitness Center Basketball gym # FC1	2 Yoga 6:30pm-7:30pm	3 No Tai Chi Class 12:15	4 Yoga-12:15-1:15pm Pilates 5:30-6:15pm	5 Yoga 5:30-6:30pm	6 Yoga 12:15-1:15pm	7 Spring Break No Classes!
8 Spring Break! No Classes!	9 No Classes!	10 No Classes!	11 No Classes!	12 No Classes!	13 No Classes!	14 No Classes!
15 Spring Break! No Classes!	16 Yoga 6:30pm-7:30pm	17 Tai Chi Class 12:15-1:15pm	18 No Yoga-12:15-1:15pm Pilates 5:30-6:15pm	19 Yoga 5:30-6:30pm	20 Yoga 12:15-1:15pm	21 Pilates Mat Xpress 10:00am-10:45am
22 Zumba-12:30-1:30pm Fitness Center Basketball gym # FC1	23 Yoga 6:30pm-7:30pm	24 Tai Chi Class 12:15-1:15pm	25 Yoga-12:15-1:15pm Pilates 5:30-6:15pm	26 Yoga 5:30-6:30pm	27 Yoga 12:15-1:15pm	28 Pilates Mat Xpress 10:00am-10:45am
29 Zumba-12:30-1:30pm Fitness Center Basketball gym # FC1	30 Yoga 6:30pm-7:30pm	31 Tai Chi Class 12:15-1:15pm				

****Saturday Pilates classes held in Workplace Building Dance Studio 610 Yoga, Tai Chi Classes held in Fitness Center Group Exercise Room Zumba held in Fitness Center Basketball gym FC 1**

Classes are held in Group Exercise Room @ Fitness Center