



MARCH ACTIVITY 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Club Hours</u> <u>Mon-Thurs</u> 5:30a - 9p <u>Friday</u> 5:30a - 6p <u>Saturday</u> 8a - 6p <u>Sunday</u> 12p - 6</p>	<p><u>REMINDER!!!</u> <u>YOU MUST</u> <u>RSVP ON LINE</u> <u>TO ATTEND</u> <u>ALL CLASSES</u></p>	<p><u>Kids Club Hours</u> <u>Monday -Thursday</u> 8:30 - 1:30p & 4-8pm <u>Friday</u> 8:30-5:30pm <u>Saturday</u> 8:30 - 3pm <u>Sunday</u> Noon - 3pm</p>	<p><u>Family Swim Pool Hours</u> <u>Mon - Wed 3-7pm</u> <u>Fri, Sat & Sun</u> <u>2 - 5pm</u> <u>Thursday</u> <u>Adult Lap Swim Only</u></p>	<p><u>1</u> 9:30 Zumba 9:45 Aqua Strength 6:30 Spin</p>	<p><u>2</u> 9 Spin. 9:45 Aqua 9:45 No Excuses 10:30 Stretch&Relax</p>	<p><u>3</u> 8:30 Pilates 9 Stride 10 Plate Workout 10/10:30 Kids Exercise 10:30 Spin</p>
<p><u>4</u> 2 Spin</p>	<p><u>5</u> 9 Chair Aero 9:15 Stride 9:45 Aqua 10 Plate Workout 6 Spin 7 No Excuses</p>	<p><u>6</u> 8-12 Healthy Diets 9 Spin 10 Zumba 10 Mind Ur Muscles 6:30 Stride</p>	<p><u>7</u> 9 Cardio Blast 9:15 Stride 9:45 Aqua 10 Mind Ur Muscles 6 Zumba 6:45 No Excuses</p>	<p><u>8</u> 9 FREE Spin. 9:30 Zumba 9:45 Aqua Strength 6:30 Spin 7:15 Plate Workout</p>	<p><u>9</u> 9 Spin 9:45 Aqua 9:45 No Excuses 10:30 Stretch &Relax NCAA Basketball Pool <u>Deadline!!!</u></p>	<p><u>10</u> 8:30 Pilates 9:30 Spin. 9:45 Plate Workout 10/10:30 Kids Exercise ***** 10:00 Tennis Tournament</p>
<p><u>11</u> 1-3 Kids Club Movie Matinee</p>	<p><u>12</u> 9 Chair Aero 9:15 Stride 9:45 Aqua 10 Plate Workout 6 Spin 7 No Excuses</p>	<p><u>13</u> 9 Spin 10 Zumba 10 Mind Ur Muscles 6:30 Stride</p>	<p><u>14</u> 9 Hi-Lo Cardio 9:15 Stride 9:45 Aqua 10 Mind Ur Muscles 6 Zumba 6:45 No Excuses</p>	<p><u>15</u> 9:30 Zumba 9:45 Aqua Strength 6:30 Spin 7:15 Plate Workout</p>	<p><u>16</u> 9 Spin. 9:45 Aqua 9:45 No Excuses 10:30 Stretch &Relax</p>	<p><u>17</u> 8:30 Pilates 9 Stride 9:45 Plate Workout 10/10:30 Kids Exercise 10:30 Spin ***SOCCER SEASON <u>BEGINS***</u></p>
<p><u>18</u> 2 Spin ****<u>CLUB</u>**** <u>CLOSES</u> <u>At 4pm for</u> <u>Staff Event</u></p>	<p><u>19</u> 9 Chair Aero 9:15 Stride 9:45 Aqua 10 Plate Workout 6 Spin 7 No Excuses</p>	<p><u>20</u> 9 Spin 10 Zumba 10 Mind Ur Muscles 6:30 Stride</p>	<p><u>21</u> 9 Cardio Blast 9:15 Stride 9:45 Aqua 10 Mind Ur Muscles 6 Zumba 6:45 No Excuses</p>	<p><u>22</u> 9 FREE Spin. 9:30 Zumba 9:45 Aqua Strength 6:30 Spin</p>	<p><u>23</u> 9 Spin 9:45 Aqua 9:45 No Excuses 10:30 Stretch&Relax</p>	<p><u>24</u> 8:30 Pilates 9:30 Spin. 9:45 Plate Workout 10/10:30 Kids Exercise 10:00 3 on 3 Basketball <u>Tournament</u></p>
<p><u>25</u></p>	<p><u>26</u> 9 Chair Aero 9:15 Stride 9:45 Aqua 10 Plate Workout 6 Spin 7 No Excuses</p>	<p><u>27</u> 9 Spin 10 Zumba 10 Mind Ur Muscles 6:30 Stride</p>	<p><u>28</u> 9 Hi-Lo Cardio 9:15 Stride 9:45 Aqua 10 Mind Ur Muscles 6 Zumba 6:45 No Excuses</p>	<p><u>29</u> 9:30 Zumba 9:45 Aqua Strength 6:30 Spin 7:15 Plate Workout</p>	<p><u>30</u> 9 Spin. 9:45 Aqua 9:45 No Excuses 10:30 Stretch&Relax</p>	<p><u>31</u> 8:30 Pilates 9 Stride 9:45 Plate Workout 10:30 Spin 10/10:30 Kids Exercise</p>