



March *Fitness Classes*

Monday

8am Functional Fitness (body sculpt) w/ Laura

9am Body Sculpt
W/Deb

4pm Core & More
(pilates, yoga, stretch)
Deb

Tuesday

30-45 min of some type of exercise should happen 5-6 days a week....

5:00 Yoga
W/Kathleen

Wednesday

8am Core Roll-sistance (Using Foam Rollers for core and massage)
Laura

2:30: WATER
Aerobics

4pm Core & More
(Pilates, yoga, stretch)
Deb

Thursday

4pm
Yogagenics
W/Kathleen

Friday

8am Boot Camp
w/ Deb

9 am Body Sculpt
W/Deb

Saturday

Questions??
Feel free to contact instructors.



**Spring and day light savings time are happening this month...
Warmer weather + Extra Sunshine=More exercise outside!!!!**

NEW TIME and DAY* Water Aerobics...Wed @ 2:30**

- Sign up sheets are in the Fitness center and upstairs in the aerobic room.
- Please contact Laura Dal Santo, Fitness Director for sign-up, questions or class description.
fitnessdiva28@hotmail.com 239-913-7013

Deb: dls1959@aol.com

Kathleen: nfn16933@naples.net