

MARCH *Fitness Classes*

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
8am Functional Fitness (body sculpt) W/ Laura 9:15 Zumba W/ Carla D Few slots open! 10:15 Zumba W/ Carla D A few open spots...	8am Basic Vinyasa Flow Yoga W/Deb 9:15 Hula Hoop & Sculpt 5-6:15 YOGA W/Kathleen FOCUS... 10 BASIC Asanas	8AM: Retro Robics & Core w/Deb 9 AM SCULPT AND CORE W/ DEB <u>NEW**</u> 12:30 Water Aerobics! Plus Discount Lunch	9:15 Yoga w/Deb 10:30 ZUMBA Carla D 4pm Yogagenics W/Kathleen FOCUS: 10 BASIC Asanas	8am RETRO ROBICS & Sculpt 9:00 Body Sculpt Both W/ Deb	Day Light Savings 3-13-11 Saturday More light for outdoor EXERCISE!



Back By Popular Demand... WATER Aerobics!!! The Weather is Warm and so is the water!! Also enjoy a Healthy Lunch at the Grill after your workout and get 20% off your tab!! What a perfect afternoon!

**** Pay per month and classes are \$5..pay per class, Classes are \$7**

Open Space for ZUMBA! New FOCUS for Yogagenics!!!! 10 Basic Asanas

Instructors: Deb Sotis 239-860-7506 dls1959@aol.com
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- Please contact *Laura*, Fitness Director for sign-up, questions or class description.

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