

MARCH 2019

Mon	Tue	Wed	Thu	Fri	Sat
				1	2
INSTRUCTORS: Cathy Kumar: Registered Yoga Teacher Yoga Alliance/ M.S. in Health & Wellness Promotion Tabby Horvath: ACE Certified Group Fitness Instructor/M.S. Human Wellness				TBC: TOTAL BODY CONDITIONING 9:30a-10:30a Instructor: Tabby	
4	5	6	7	8	9
Kickboxing 9:30a-10:30a Instructor: Tabby Yoga 5:30p-7:00p Instructor: Cathy	Yoga 9:30a-10:30a Instructor: Tabby	Total Body in Ten (A TEN EXERCISE CIRCUIT HITTING ALL MAJOR MUSCLE GROUPS) 9:30a-10:15a Instructor: Tabby	Yoga 9:30a-10:30a Instructor: Tabby *NEW* Spunky Seniors Chair Aerobics: 1:00-1:30p Instructor: Tabby	TBC 9:30a-10:30a Instructor: Tabby	
11	12	13	14	15	16
Kickboxing 9:30a-10:30a Instructor: Tabby Yoga 5:30p-7:00p Instructor: Cathy	Yoga 9:30a-10:30a Instructor: Tabby	Total Body in Ten 9:30a-10:15a Instructor: Tabby	Yoga 9:30a-10:30a Instructor: Tabby Spunky Seniors Chair Aerobics: 1:00-1:30p Instructor: Tabby	TBC 9:30a-10:30a Instructor: Tabby	
18	19	20	21	22	23
Kickboxing 9:30a-10:30a Instructor: Tabby Yoga 5:30p-7:00p Instructor: Cathy	Yoga 9:30a-10:30a Instructor: Tabby	Total Body in Ten 9:30a-10:15a Instructor: Tabby	Yoga 9:30a-10:30a Instructor: Tabby Spunky Seniors Chair Aerobics: 1:00-1:30p Instructor: Tabby	TBC 9:30a-10:30a Instructor: Tabby	
25	26	27	28	29	30
Kickboxing 9:30a-10:30a Instructor: Tabby Yoga 5:30p-7:00p Instructor: Cathy	Yoga 9:30a-10:30a Instructor: Tabby	Total Body in Ten 9:30a-10:15a Instructor: Tabby	Yoga 9:30a-10:30a Instructor: Tabby Spunky Seniors Chair Aerobics: 1:00-1:30p Instructor: Tabby	TBC 9:30a-10:30a Instructor: Tabby	