



March 2019

Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CLOSED					1 9am Total Body Workout 10:15am Adv. Tai Chi 12pm Beginning Tai Chi	2
3 CLOSED	4 10am Total Body Workout 5:30 pm Community Yoga 6pm Line Dancing	5 8:30am Retro Yoga 10am Adv. Tai Chi 12pm Body Unity 1:30pm Sr. Tap Dance 4:45 Boys Hip-Hop 5:30pm Barre Fitness	6 9am Total Body Workout 10:15am Adv. Tai Chi 12pm Beg. Tai Chi	7 8:45 Step/Strength/Abs 10:00am Barre Fitness 5:30pm Barre Fitness 6pm Line Dancing	8 9am Total Body Workout 10:15am Adv. Tai Chi 12pm Beginning Tai Chi	9
10 CLOSED	11 9am Total Body Workout 5:30 pm Community Yoga 6pm Line Dancing	12 8:30am Retro Yoga 10am Adv. Tai Chi 12pm Body Unity 1:30pm Sr. Tap Dance 4:45 Boys Hip-Hop 5:30pm Barre Fitness	13 9am Total Body Workout 10:15am Adv. Tai Chi 12pm Beg. Tai Chi 5:30 Adult Dance Fit.	14 8:45 Step/Strength/Abs 10:00am Barre Fitness 5:30pm Barre Fitness 6pm Line Dancing	15 9am Total Body Workout 10:15am Adv. Tai Chi 12pm Beginning Tai Chi	16
17 CLOSED	18 10am Total Body Workout 5:30 pm Community Yoga 6pm Line Dancing	19 8:30am Retro Yoga 10am Adv. Tai Chi 12pm Body Unity 1:30pm Sr. Tap Dance 4:45 Boys Hip-Hop 5:30pm Barre Fitness	20 9am Total Body Workout 10:15am Adv. Tai Chi 12pm Beg. Tai Chi 5:30 Adult Dance Fit.	21 8:45 Step/Strength/Abs 10:00am Barre Fitness 5:30pm Barre Fitness 6pm Line Dancing	22 9am Total Body Workout 10:15am Adv. Tai Chi 12pm Beginning Tai Chi	23
24 CLOSED	25 9am Total Body Workout 5:30 pm Community Yoga 6pm Line Dancing	26 8:30am Retro Yoga 10am Adv. Tai Chi 12pm Body Unity 1:30pm Sr. Tap Dance 4:45 Boys Hip-Hop 5:30pm Barre Fitness	27 9am Total Body Workout 10:15am Adv. Tai Chi 12pm Beg. Tai Chi 5:30 Adult Dance Fit.	28 8:45 Step/Strength/Abs 10:00am Barre Fitness 4p, 4:45p Kids Ballet 5:30pm Barre Fitness 6pm Line Dancing		

Class Fees: *Total Body Workout - \$6/class *Tai Chi - join Tai Chi Society *Retro Yoga- \$8/class *Line Dancing - \$3/class *Senior Tap Dance - \$10/class
 *Community Yoga - \$5/class *Barre Fitness - \$10/class, \$20 for 4 classes *Adult Dance Fitness - \$5/class *Boys Hip Hop \$20/month *Step/Strength/Abs - Free