

LAST CLASS CALENDAR FOR WINTER MARCH 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
February 20	February 21 Unwind your Body & Meditate Baby Massage	February 22	February 23	February 24	February 25
February 27	February 28	March 1 Keep Playing Ukulele	March 2	March 3	March 4
March 6	March 7	March 8	March 9	March 10 REGISTRATION 9:00 A.M.	March 11
March 13	March 14 Get Unstuck – Drop the Habits that Drain you	March 15 Book Club	March 16 International Women’s Day Mindfulness	March 17	March 18
March 20 Pilates (online) Pilates Monday Sweat and Tone Mom & Baby Stretch & Strength	March 21 Knitting Club Zumba® Nite Balletvolution	March 22 Sing Along Doing the Work	March 23	March 24 Tots & Parents Creative Dance	March 25 Essentrics
March 27 Make-Up Week Nutrition for ADD & ADHD	March 28 Body Factory Boot Camp Essentrics Running Kripalu- Hatha Yoga	March 29 ELDOA Flow Stretching Restorative Yoga Adult Ballet Mixed Martial Arts for Self- Defense	March 30 Toning Custom Fit 3PEAT Essentrics Zumba Watercolour	March 31 Fresh Air Fitness Friday Continue Learning to Run	April 1
April 3 Make-Up Week Walking Club	April 4	April 5	April 6	April 7	April 8 Prenatal Yoga Hatha Yoga