

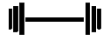
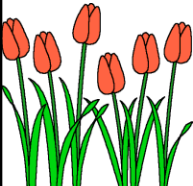




March

Regular Gym Hours:
CLOSED Daily from 12pm – 1pm
 Monday - Thursday: 8am – 5pm
 Friday: 8am – 4pm

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 Sit and Fit Class 11:00 am - 12:00 pm	3 Fitness Friday 
6	7 Sit and Fit Class 11:00 am - 12:00 pm	8	9 Sit and Fit Class 11:00 am - 12:00 pm	10 Fitness Friday 
13	14 Sit and Fit Class 11:00 am - 12:00 pm	15 Gym Closed 8:00 am - 11:00 am	16 Sit and Fit Class 11:00 am - 12:00 pm	17  Fitness Friday  
20	21 Sit and Fit Class 11:00 am - 12:00 pm	22	23 Sit and Fit Class 11:00 am - 12:00 pm	24 Fitness Friday 
	27 Sit and Fit Class 11:00 am - 12:00 pm	28	29	30 31