

March 2026



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Special Spotlight Class Offering*					1
2 <u>6:30pm Functional Flow</u>	3 <u>11:30am Functional Flow</u>	4 <u>11:30am Chair Yoga</u> <u>5:30pm Restorative Yoga</u>	5 <u>11:30am Functional Flow</u> <u>6:30pm Gentle Flow Yoga</u>	6	7 <u>9am Tone Zone</u> <u>10:30am Dynamic Pilates Fusion</u>	8 <u>11:30am Pilates-Hatha Flow</u> 1:30pm* Drum Dance
9 <u>6:30pm TRX</u>	10 <u>11:30am Functional Flow</u>	11 <u>11:30am Balance & Flow Yoga</u> <u>5:30pm Yin Yoga</u> <u>7:00pm Kripalu Yoga</u>	12 <u>11:30am Functional Flow</u> <u>6:30pm Pilates-Hatha Flow</u>	13	14 <u>9am Tone Zone</u>	15
16 5:00pm* Tai Chi Fitness <u>6:30pm Functional Flow</u>	17  <u>11:30am Functional Flow</u>	18 <u>11:30am Chair Yoga</u> <u>5:30pm Restorative Yoga</u>	19 <u>11:30am Functional Flow</u> <u>6:30pm Gentle Flow Yoga</u>	20 	21 <u>9am Tone Zone</u>	22 <u>11:30am Pilates-Hatha Flow</u>
23 <u>6:30pm TRX</u>	24 <u>11:30am Functional Flow</u>	25 <u>11:30am Balance & Flow Yoga</u> <u>5:30pm Yin Yoga</u> <u>7:00pm Kripalu Yoga</u>	26 <u>11:30am Functional Flow</u> <u>6:30pm Pilates-Hatha Flow</u>	27	28 <u>9am Tone Zone</u>	29
30 11:30am Tai Chi Fitness <u>6:30pm Functional Flow</u>						