

# March 2022 Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Health classes are offered in person at 125 New Milford Tpk. & virtually through Zoom. Fitness classes & Rethink Reshape will be held at our gym facility, 39 Park Lane Road in New Milford. Please go to our website <a href="http://acthealth.org">acthealth.org</a> and click on the 'Schedule' tab or sign up by calling 860-868-7318						
		1 Active Body Basics 2:00pm Active Body Basics 2:40pm ReThink ReShape 6:00pm (Mindfulness)	2 Building Better Bones 2:30pm Boot Camp 4:40pm Boot Camp 5:20pm	3 Boxing Bootcamp 4:30pm Boxing Bootcamp 5:30pm	4 Active Body Basics 10:00am Active Body Basics 11:20am Retake Strength & Stability 2:00pm	5 Boot Camp 8:00am Boot Camp 2:00pm
6	7	8 Active Body Basics 2:00pm Active Body Basics 2:40pm ReThink ReShape 6:00pm (Mindfulness)	9 Building Better Bones 2:30pm Boot Camp 4:40pm Boot Camp 5:20pm	10 Boxing Bootcamp 4:30pm Boxing Bootcamp 5:30pm	11 Active Body Basics 10:00am Active Body Basics 11:20am Retake Strength & Stability 2:00pm	12 Boot Camp 8:00am Boot Camp 2:00pm
13	14 <b>Office Closed</b>	15 Active Body Basics 2:00pm Active Body Basics 2:40pm ReThink ReShape 6:00pm (Mindfulness)	16 Building Better Bones 2:30pm Boot Camp 4:40pm Boot Camp 5:20pm	17 Boxing Bootcamp 4:30pm Boxing Bootcamp 5:30pm	18 Active Body Basics 10:00am Active Body Basics 11:20am Retake Strength & Stability 2:00pm	19 Boot Camp 8:00am Boot Camp 2:00pm
20	21	22 Active Body Basics 2:00pm Active Body Basics 2:40pm No ReThink ReShape	23 Building Better Bones 2:30pm Boot Camp 4:40pm Boot Camp 5:20pm	24 Boxing Bootcamp 4:30pm Boxing Bootcamp 5:30pm	25 Active Body Basics 10:00am Active Body Basics 11:20am Retake Strength & Stability 2:00pm	26 Boot Camp 8:00am Boot Camp 2:00pm
27	28 Healthy Sleep Habits 5pm	29 Active Body Basics 2:00pm Active Body Basics 2:40pm ReThink ReShape 6:00pm (Fitness)	30 Building Better Bones 2:30pm Boot Camp 4:40pm Boot Camp 5:20pm	31 Boxing Bootcamp 4:30pm Boxing Bootcamp 5:30pm		