

March 2010 *(NEW: Pilates* and Bootcamp!)*

Fitness Improvement Classes



1-Mar	Monday	2	Tuesday	3	Wednesday	4	Thursday	5	Friday
CYCLE ABS CYCLE	0530-0615 1200-1230 1230-1315	CYCLE ABS BOOTCAMP	0530-0615 0615-0645 1530-1615	CYCLE ABS CYCLE	0530-0615 1200-1230 1230-1315	CYCLE ABS BOOTCAMP	0530-0615 0615-0645 1530-1615	CYCLE PILATES* ABS CYCLE	0530-0615 1100-1145 1200-1230 1230-1315
8	Monday	9	Tuesday	10	Wednesday	11	Thursday	12	Friday
CYCLE PILATES* ABS CYCLE	0530-0615 1100-1145 1200-1230 1230-1315	CYCLE ABS BOOTCAMP	0530-0615 0615-0645 1530-1615	CYCLE PILATES* ABS CYCLE	0530-0615 1100-1145 1200-1230 1230-1315	CYCLE ABS BOOTCAMP	0530-0615 0615-0645 1530-1615	CYCLE PILATES* ABS CYCLE	0530-0615 1100-1145 1200-1230 1230-1315
15	Monday	16	Tuesday	17	Wednesday	18	Thursday	19	Friday
PILATES* ABS CYCLE	1100-1145 1200-1230 1230-1315	ABS BOOTCAMP	0615-0645 1530-1615	PILATES* ABS CYCLE	1100-1145 1200-1230 1230-1315	ABS BOOTCAMP	0615-0645 1530-1615	ABS CYCLE	1200-1230 1230-1315
22	Monday	23	Tuesday	24	Wednesday	25	Thursday	26	Friday
ABS CYCLE	1130-1200 1200-1245	ABS BOOTCAMP	0615-0645 1530-1615	ABS CYCLE	1200-1230 1230-1315	ABS BOOTCAMP	0615-0645 1530-1615	ABS CYCLE	1200-1230 1230-1315

***All Pilates classes will be held on Racquetball Court #1.**

**We apologize for offering a fewer number of classes the last two weeks of March; two of our instructors will be TDY/on leave. Thank you!

Questions? Call the Fitness Center at 722-0408.