Facility Phone Number: (205) 562-3200 Updated 3/17/20

March 2020 Fitness Schedule – Jerry Belk Activity Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 6:15-7:15a Stretch Fusion 8-9a Cycle- Sarah 9-10a Yoga- Sarah	3 6:15-7:15a Circuit Training 8-9a Pound- Sarah	4 6:15-7:15a Stretch Fusion **No 8-9a Line Dancing** **No 9-10a Yoga**	5 6:15-7:15a Circuit Training **No 8-9a Dance2Fit**	6 **No 8-9a Fitness Fusion** **No 9-10a Dance2fit**	7 ***11a-12p Forever Young is cancelled***
8						
15	16 6:15-7:15a Stretch Fusion 8-9a Cycle- Sarah 9-10a Yoga- Sarah 1-1:45p Line Dance 1:45-3:15p Yang Style TaiChi ***No 5-5:30p Quick Fit*** 5:30-6:30p Zumba®	17 6:15-7:15a Circuit Training 8-9a Pound- Sarah	18	19	20	21
22	23	24	25	26	27	28
29 / **5**	30	31	**April 1**	**2**	***3***	**4**

Beginning March 18th all classes will be cancelled through April 5th.

Dr. Holloman is still instructing all TaiChi 太极 classes