Updated 2/28/2019

March 2019 Fitness Schedule - Bobby Miller Activity Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9-9:45a GIT Fit *****10a-11a TaiChi 太极 Cancelled*** *10:30–11:30a Yoga-* ***Michela*** *****11:15a-12:15p Line Dance Cancelled***	2
3	4 9-9:45a GIT Fit 9-10a Zumba® 10-11a Deep Water 10-11a SS Classic *****5:30-6:30p TaiChi 太极 is Cancelled*** 6-7p 30/30 Core and Kick 6:30-7:30p Zumba®- **Jackie**	5 8-8:30a Pilates 9-10a SS Splash 9-10a Boot Camp 10:15-11:30a TaiChi 太极- ***** 5:40-6:10p POUND® Cancelled tonight -Amber*** 6:15-7:15p Zumba Toning® 6:30-7:30p Water Aerobics- **Angie** 6:30-7:30p Yoga – **Abby**	6 9-10a PHITT *10:30–11:30a Yoga-* ***Michela*** 5:30-6:15p Line Dance 6:15-7:15p TaiChi 太极 6:30-7:30p Zumba®-**Jackie**	7 8-8:30a Pilates 9-10a SS Splash 9-10a Zumba® 10-11a SS Classic 10:15-11:30a TaiChi 太极 4:45-5:30p Boot Camp 5:30-6:15p Zumba® 6:30-7:30p Water Aerobics	8 9-9:45a GIT Fit *****10a-11a TaiChi 太极 Cancelled*** *10:30–11:30a Yoga-* ***Michela*** *****11:15a-12:15p Line Dance Cancelled***	9
10	11 9-9:45a GIT Fit 9-10a Zumba® 10-11a Deep Water 10-11a SS Classic *****5:30-6:30p TaiChi 太极 is Cancelled*** 6-7p 30/30 Core and Kick 6:30-7:30p Zumba®- **Stacey**	12 8-8:30a Pilates 9-10a SS Splash 9-10a Boot Camp 10:15-11:30aTaiChi 太极 5:40-6:10 POUND®-**Amber** 6:15-7:15p Zumba Toning® 6:30-7:30p Water Aerobics- **Angie** *****6:30-7:30p Yoga is cancelled tonight – Abby***	13 9-10a PHITT 10:30–11:30a Yoga-**Michela** 5:30-6:15p Line Dance 6:15-7:15p TaiChi 太极 6:30-7:30p Zumba®-**Stacey**	14 8-8:30a Pilates 9-10a SS Splash 9-10a Zumba® 10-11a SS Classic 10:15-11:30a TaiChi 太极 4:45-5:30p Boot Camp 5:30-6:15p Zumba® 6:30-7:30p Water Aerobics	15 *****9-9:45a GIT Fit is cancelled this morning*** 10:30–11:30a Yoga- **Michela**	16
17	18 9-9:45a GIT Fit 9-10a Zumba® 10-11a Deep Water 10-11a SS Classic 6-7p 30/30 Core and Kick 6:30-7:30p Zumba®-**Jackie**	19 8-8:30a Pilates 9-10a SS Splash 9-10a Boot Camp 10:15-11:30a TaiChi 太极 5:40-6:10 POUND®-**Amber** 6:15-7:15p Zumba Toning® 6:30-7:30p Water Aerobics- **Angie** 6:30-7:30p Yoga – **Abby**	20 9-10a PHITT 10:30–11:30a Yoga-**Michela** 5:30-6:15p Line Dance 6:15-7:15p TaiChi 太极 6:30-7:30p Zumba®-**Jackie**	21 8-8:30a Pilates 9-10a SS Splash 9-10a Zumba® 10-11a SS Classic 10:15-11:30a TaiChi 太极 4:45-5:30p Boot Camp 5:30-6:15p Zumba® 6:30-7:30p Water Aerobics	22 9-9:45a GIT Fit 10:30–11:30a Yoga- **Michela**	23
24 31	25 9-9:45a GIT Fit 9-10a Zumba® 10-11a Deep Water 10-11a SS Classic 6-7p 30/30 Core and Kick 6:30-7:30p Zumba®- **Stacey**	26 8-8:30a Pilates 9-10a SS Splash 9-10a Boot Camp 10:15-11:30a TaiChi 太极 5:40-6:10 POUND®-**Amber** 6:15-7:15p Zumba Toning® 6:30-7:30p Water Aerobics- **Angie** 6:30-7:30p Yoga – **Abby**	27 9-10a PHITT 10:30–11:30a Yoga-**Michela** 5:30-6:15p Line Dance 6:15-7:15p TaiChi 太极 6:30-7:30p Zumba®- **Stacey**	28 8-8:30a Pilates 9-10a SS Splash 9-10a Zumba® 10-11a SS Classic 10:15-11:30a TaiChi 太极 4:45-5:30p Boot Camp 5:30-6:15p Zumba® 6:30-7:30p Water Aerobics	29 9-9:45a GIT Fit 10:30–11:30a Yoga- **Michela**	30