Facility Phone Number: (205) 277-8195 Updated 3/17/2020

March 2020 Fitness Schedule – Jerry Tingle Activity Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 6-7a Bootcamp 7-8a Yoga	3 6-7a Bootcamp 7:30-8:15a Water Aerobics	4 6-7a Bootcamp 7-8a Yoga	5 6-7a Bootcamp 7:30-8:15a Water Aerobics	6 6-7a Bootcamp 7a-8a Yoga	7 ***8:15-9a Strong by Zumba®***
8						
15	16 6-7a Bootcamp 7-8a Yoga 8:30-9:15a Forever Young 8:30-9:30a Aqua Zumba 9:20-9:50a Quick-Fit 10-11a Silver Dance	17 6-7a Bootcamp 7:30-8:15a Water Aerobics 8:30-9:15a Kickboxing 9:20-9:50a Quick fit 10-11a Dance-2-Fitness 11-12a Yoga	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.