

Wet N' Sweat Pass:

\$4 per class
\$50 per 20 class punch pass
\$30 per unlimited monthly pass,
unless stated

March 2010 Fitness & Aerobics Calendar

(SEE BACK FOR AQUACISE SCHDEULE)

Mon	Tue	Wed	Thu	Fri	Sat
1 5:15PM– Total Body- Diane 6:25PM– Cardio Kickboxing- Nathan 7:30PM– Beginning Yoga– Karla	2 9:00AM– Tone & Tighten– Carly 5:15-5:45PM- RAWR (Cardio)– Nathan 5:55-6:25PM- RAWR (Abs)- Nathan 6:30PM– Spinning– Sherri	3 6:30PM– Spinning- Carly	4 4:00PM-All You’ve Got – Diane 5:15PM– Yoga Flow– Kari 6:25PM– Spinning– Sherri 7:30PM– Spinning– Nathan	5 5:35AM– Step-n–Tone– Paige 9:00AM– Spinning– Diane 5:00PM-Cardio Kickboxing– Nathan	6
8 5:15PM– Total Body- Diane 6:25PM– Cardio Kickboxing- Nathan 7:30PM– Beginning Yoga– Karla	9 9:00AM– Tone & Tighten– Carly 5:15-5:45PM- RAWR (Cardio)– Nathan 5:55-6:25PM- RAWR (Abs)- Nathan 6:30PM– Spinning– Sherri	10 6:30PM– Spinning- Carly 7:35PM– Cardio Kickboxing- Nathan	11 4:00PM-All You’ve Got – Diane 5:15PM– Yoga Flow– Kari 6:25PM– Spinning– Sherri 7:30PM– Spinning– Nathan	12 5:35AM– Step-n–Tone– Paige 9:00AM– Spinning– Diane	13 9:00AM– Yoga Flow– Kari
15	16 6:30PM– Spinning– Sherri	17	18 5:15PM– Yoga Flow– Kari 6:25PM– Spinning– Sherri	19 5:35AM– Step-n–Tone– Paige	20 9:00AM– Yoga Flow– Kari
22 6:25PM– Cardio Kickboxing - Nathan 7:30PM– Beginning Yoga– Karla	23 9:00AM– Tone & Tighten– Carly 5:15-5:45PM- RAWR (Cardio)– Nathan 5:55-6:25PM- RAWR (Abs)- Nathan 6:30PM– Spinning– Sherri	24 6:30PM– Spinning- Carly 7:35PM– Cardio Kickboxing- Nathan	25 5:15PM– Yoga Flow– Kari 6:25PM– Spinning– Sherri 7:30PM– Spinning– Nathan	26 5:35AM– Step-n–Tone– Paige 9:00AM– Spinning– Carly 5:00PM-Cardio Kickboxing– Nathan	27 9:00AM– Yoga Flow– Kari
29 6:25PM– Cardio Kickboxing - Nathan 7:30PM– Beginning Yoga– Karla	30 9:00AM– Tone & Tighten– Carly 5:15-5:45PM- RAWR (Cardio)– Nathan 5:55-6:25PM- RAWR (Abs)- Nathan 6:30PM– Spinning– Sherri	31 6:30PM– Spinning- Carly 7:35PM– Cardio Kickboxing- Nathan	<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <p>You can use your wet n’ sweat pass to take land and water exercise classes at the WCC...see other side for aquacise schedule.</p> </div>		<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <p>Schedules are subject to change Warrensburg Community Center 747-7178</p> </div>