

MARCH OVERLOOK GROUP EXERCISE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aquacise 8:30-9:15 Pool with Jen	Aquacise 8:30-9:15 Pool with Sue	Aquacise 8:30-9:15 Pool with Sue	Aquacise 8:30-9:15 Pool with Sue	Aquacise 8:30-9:15 Pool with Terry	Aquacise 8:30 -9:15 Pool with Jen
10 10 10 9:30-10AM FC with Riley	Drum Fit 9:30-10am PAC	Chair Yoga 9:30-10:25am PAC with Charice	Brain Power 10-10:30am FC with Sue	Balance Class (901) 9:30-10am FC with Riley	
Coed Strength Training 10:15-11am FC with Riley	Walking Group 11-11:45am Price Lobby with Riley	Aquacise 9:30-10:15am Pool with Sue	Walking Group 11-11:45am Price Lobby with Riley	Aquacise 9:30-10:15 Pool with Terry	
Dynamic Mobility 1-1:30pm FC with Riley	*Balance Class 1-1:30pm FC with Riley	Tai Chi 10:30-11:15am PAC with Charice	*Strength & Stretch 1-1:30pm FC with Riley	Coed Strength Training 10:15-11am FC with Riley	
	*Mindful Meditation 1:30-2pm FC with Riley	Functional Fitness 10:30-11am FC with Riley	*Meditation 1:30-2pm FC with Riley		
	Aquacise 5:15-6:00pm Pool with Terry	Fit After 50 (901) 1-1:45pm FC with Sue	Aquacise 5:15-6:00pm Pool with Terry		

MARCH 17th

POP-UP CLASS: "3 TIMES A CHARM"

WITH SUZI G

FC @ 1:00

WEAR YOUR BEST GREEN COLORS!