

# Free FITNESS WEEK

**MARCH 6-12 • FREE CLASSES ALL WEEK LONG**

MONDAY • MARCH 6		
4:30 PM	Abs, Core & Foam Rolling <i>30 mins.</i>	Rubicon
5:15 PM	Mat Pilates <i>60 mins.</i>	Feather
6:00 PM	True Barre <i>45 mins.</i>	Rubicon
6:15 PM	Zumba/Zumba Toning <i>60 mins.</i>	Klamath
6:30 PM	Yoga <i>60 mins.</i>	Feather
TUESDAY • MARCH 7		
9:15 AM	Kundalini Yoga <i>60 mins.</i>	Feather
11:00 AM	TRX Intervals <i>45 mins.</i>	PC
12:15 PM	Mat Pilates <i>45 mins.</i>	Feather
4:30 PM	Bootcamp <i>60 mins.</i>	Klamath
6:15 PM	Cycling In The Zones <i>45 mins.</i>	Rubicon
WEDNESDAY • MARCH 8		
6:15 AM	Sunrise Yoga <i>60 mins.</i>	Feather
12:15 PM	Barre Fusion <i>45 mins.</i>	Klamath
5:30 PM	Curve Strength Circuit <i>45 mins.</i>	Fit Desk
6:15 PM	Bootcamp <i>45 mins.</i>	Rubicon
6:15 PM	Tough Turf <i>45 mins.</i>	Turf
THURSDAY • MARCH 9		
6:15 AM	Bells, Bags & Ropes <i>45 mins.</i>	PC
11:00 AM	Tough Turf <i>45 mins.</i>	Turf
12:15 PM	Cycle Circuit <i>60 mins.</i>	Rubicon
2:15 PM	Acro Yoga <i>60 mins.</i>	Feather
4:45 PM	Yin Yoga <i>60 mins.</i>	Feather
FRIDAY • MARCH 10		
11:00 AM	TRX Intervals <i>45 mins.</i>	PC
12:15 PM	Yoga <i>60 mins.</i>	Feather
12:15 PM	Zumba <i>45 mins.</i>	Klamath
3:30 PM	CSI: Cardio & Strength Intervals <i>45 mins.</i>	Rubicon
4:15 PM	Foam Roll & Release <i>20 mins.</i>	Rubicon
4:30 PM	Tough Turf <i>45 mins.</i>	Turf
SATURDAY • MARCH 11		
9:45 AM	Bells, Bags & Ropes <i>45 mins.</i>	PC
10:45 AM	Yoga <i>60 mins.</i>	Feather
SUNDAY • MARCH 12		
6:00 PM	Bootcamp <i>60 mins.</i>	Klamath
7:00 PM	Yoga <i>60 mins.</i>	Feather