




Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>March 2021</b> 	1 9:00a Zumba/Tracy 11:15a Senior Classic/Dianne	2 5:30p Body Blast/Justine	3 9:15a Tabata/Andrea	4 5:45p Tae Bo/Ed	5 9:00a Zumba/Tracy 10:30a Yoga/Jeannine	6 9:30a Zumba/Paula
<b><u>GYM HOURS:</u></b> 5a—10p Monday-Thursday 5a-9p Fridays 7a-5p Saturdays <b>CLOSED Sundays</b>	8 11:15a Senior Classic/Jeannine 6:30p Vinyasa Yoga/Alexis	9 10:00a Zumba Gold/Sherry	10 9:15a Tae Bo Combo/Ed	11 9:00a Core Crusher/Heather	12 10:15a Senior Circuit/Jan	13 8:15a Body Blast/Darla 9:30a Step Xpress/Darla 10:30a YIN Yoga/Darla
<b><u>Kids Club Hours:</u></b> 9a-12noon Monday-Saturday morns 4:30p—7:30p Monday—Thursday eves <b>Closed Sunday</b> 	15 9:00a Zumba/Tracy 11:15a Senior Classic/Sue	16 5:30p Body Blast/Samantha	<b>Happy St. Patrick's Day!</b> 6:15p Yoga/Gina 	18 9:00a Core Crusher/Justine 11:30a Gentle Yoga/Kate	19 9:00a Zumba/Tracy 10:30a Pilates/Pam	20 10:30a Nidra Yoga/Kate
<b>Have you tried 5BTV?</b> <b>Go to <a href="http://5BTV.net">5BTV.net</a> today for your free 7 day trial!</b>	22 5:00p Cardio Core/Suzy 6:30p Zumba/Raelee	23 11:15 Senior Yoga/Kate	24 11:15a Boomer Step/Jan	25 5:45p Tabata/Andrea	26 9:00a Zumba/Sherry 10:15a Senior Circuit/Dianne 11:15a Senior Yoga/Dianne	27 9:30a Zumba/Lindy
<b><u>KEY:</u></b> * = Boomer Friendly SS = SilverSneakers® H,H,L Yoga = Hips, Hamstrings & Low Back Yoga	29 9:00a Zumba/Tracy 6:30p Zumba/Cindy	30 10:00a Zumba Gold/Kate	31 9:15a Body Blast/Dianne 11:15a Boomer Cardio/Pam	<b>Gold's Gym            Linglestown/Camp Hill            March 2021            LIVE CLASSES on 5BTV.net</b>		