

March

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 No Class 7:00 Pilates - Corinna	2 9:30 C+ - GW	3 8:30 Cardio Blast - Sheila 7:00 Pilates - RA	4 *8:30 Yoga - Phoebe	5 8:30 Extreme Tone - DW
7 8:30 Zumba - Cassy	8 8:30 Step - Martha 7:00 Pilates - Corinna	9 9:30 1/2&1/2. - GW	10 8:30 Cardio Int.- Sheila 7:00 Pilates - RA	11 *8:30 Yoga - Phoebe	12 8:30 PP - DW
14 8:30 PP - Cassy	15 8:30 Step - Martha 7:00 Pilates - Corinna	16 9:30 C+ - GW	17 8:30 F.I.R.E. - Martha 7:00 Pilates - RA	18 *8:30 Yoga - Phoebe	19 8:30 Zumba - Sheila
21 8:30 Zumba - Cassy	22 8:30 Cardio Ball - Martha 7:00 Pilates - Corinna	23 No Class	24 8:30 Nike TBC - Martha 7:00 Pilates - RA	25 *8:30 Yoga - Phoebe	26 8:30 Step Int. - Sheila
28 8:30 Step - Cassy	29 8:30 F.I.R.E. - Martha No Class	30 9:30 Cardio Kik - GW	31 8:30 Cardio Int. - Sheila 7:00 Pilates - RA		

DW Donna Warrick

RA Ruth Ann

GW Gretchen Wilkins

*Denotes a 90 minute class

** Please note that if Guilford County Schools have a 1 hour delay, we will have class as scheduled.

If there is a 2 hour delay or cancellation, there will be no class that day.

*** Questions or suggestions? Contact Donna Warrick at 644-1608 or dkwarr1@aol.com