


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Inflation: Past, Present and Future Wednesday, March 22 1:00 – 2:00 PM</p>			<p>1</p> <p>Boot Camp 8:00 AM</p> <p>Aqua Yoga 9:00 AM</p>	<p>2</p> <p>Spin 7:30 AM</p> <p>Warm Yoga/Stretch* 9:30 AM</p> <p>Aqua Fitness 11:00 AM</p>	<p>3</p> <p>Core Conditioning 7:30 AM</p> <p>Yin Yoga 9:00 AM</p>	<p>4</p> <p>Intermediate Yoga 9:00 AM</p> <p>Open Skate North Lakeland School Rink† 12:00 – 7:00 PM</p>
<p>5</p>	<p>6</p> <p>Spin 7:30 AM</p> <p>Total Body Circuit 9:00 AM</p>	<p>7</p> <p>Spin 7:30 AM</p> <p>Balance and Stretch 9:00 AM</p> <p>Aqua Fitness 11:00 AM</p>	<p>8</p> <p>Boot Camp 8:00 AM</p> <p>Aqua Yoga 9:00 AM</p>	<p>9</p> <p>Spin 7:30 AM</p> <p>Warm Yoga/Stretch* 9:30 AM</p> <p>Aqua Fitness 11:00 AM</p>	<p>10</p> <p>Core Conditioning 7:30 AM</p> <p>Yin Yoga 9:00 AM</p>	<p>11</p> <p>Intermediate Yoga 9:00 AM</p> <p>Open Skate North Lakeland School Rink† 12:00 – 7:00 PM</p>
<p>12</p>	<p>13</p> <p>Spin 7:30 AM</p> <p>Total Body Circuit 9:00 AM</p>	<p>14</p> <p>Spin 7:30 AM</p> <p>Balance and Stretch 9:00 AM</p> <p>Aqua Fitness 11:00 AM</p>	<p>15</p> <p>Boot Camp 8:00 AM</p> <p>Aqua Yoga 9:00 AM</p>	<p>16</p> <p>Spin 7:30 AM</p> <p>Warm Yoga/Stretch* 9:30 AM</p> <p>Aqua Fitness 11:00 AM</p>	<p>17</p> <p>Core Conditioning 7:30 AM</p> <p>Yin Yoga 9:00 AM</p>	<p>18</p> <p>Intermediate Yoga 9:00 AM</p> <p>Open Skate North Lakeland School Rink† 12:00 – 7:00 PM</p>
<p>19</p>	<p>20</p> <p>Spin 7:30 AM</p> <p>Total Body Circuit 9:00 AM</p>	<p>21</p> <p>Spin 7:30 AM</p> <p>Balance and Stretch 9:00 AM</p> <p>Aqua Fitness 11:00 AM</p>	<p>22</p> <p>Boot Camp 8:00 AM</p> <p>Aqua Yoga 9:00 AM</p> <p>Inflation 1:00 – 2:00 PM</p>	<p>23</p> <p>Spin 7:30 AM</p> <p>Warm Yoga/Stretch* 9:30 AM</p> <p>Aqua Fitness 11:00 AM</p>	<p>24</p> <p>Core Conditioning 7:30 AM</p> <p>Yin Yoga 9:00 AM</p>	<p>25</p> <p>Intermediate Yoga 9:00 AM</p> <p>Open Skate North Lakeland School Rink† 12:00 – 7:00 PM</p>
<p>26</p>	<p>27</p> <p>Spin 7:30 AM</p> <p>Total Body Circuit 9:00 AM</p>	<p>28</p> <p>Spin 7:30 AM</p> <p>Balance and Stretch 9:00 AM</p> <p>Aqua Fitness 11:00 AM</p>	<p>29</p> <p>Boot Camp 8:00 AM</p> <p>Aqua Yoga 9:00 AM</p>	<p>30</p> <p>Spin 7:30 AM</p> <p>Warm Yoga/Stretch* 9:30 AM</p> <p>Aqua Fitness 11:00 AM</p>	<p>31</p> <p>Core Conditioning 7:30 AM</p> <p>Yin Yoga 9:00 AM</p>	

* Class held around the pool

† Weather permitting