



MARCH

CHECK OUT OUR VIRTUAL WORKOUT PROGRAMS AND CLASSES!

SUN	MON	TUE	WED	THU	FRI	SAT
			<p>18. LIVE Workouts: 10:00am: Total Body Blast 5:00pm: Lower Body</p> <p>Workout of the Day! Les Mills workout Kids Workout Healthy Recipe!</p>	<p>19. LIVE Workouts: 10:00am: CXWorx 5:00pm: Gliders and more</p> <p>Workout of the Day! Les Mills workout Kids Workout Healthy Recipe!</p>	<p>20. LIVE Workouts: 9:00am: Nutrition chat 10:00am: Core Blast 5:00pm: Lower Body</p> <p>Workout of the Day! Les Mills workout Kids Workout</p>	<p>21. LIVE Workouts: 8:30am: Barre Fitness 10:30am: Upper Body and Core</p> <p>Workout of the Day! Les Mills workout Healthy Recipe!</p>
<p>22. 9:00am: TF Team led workout video 10:00am: TF Team led workout video</p> <p>Les Mills workout Workout of the Day!</p>	<p>23. LIVE Workouts: 10:00am: PIYO 5:30pm: Total Body Blast</p> <p>Workout of the Day! Les Mills workout Kids Workout Healthy Recipe!</p>	<p>24. LIVE Workouts: 10:00am: Strength Bands 12:00pm: Nutrition chat 5:30pm: Barre Fitness</p> <p>Workout of the Day! Les Mills workout Kids Workout Healthy Recipe!</p>	<p>18. LIVE Workouts: 10:00am: Total Body Blast 5:00pm: Lower Body</p> <p>Workout of the Day! Les Mills workout Kids Workout Healthy Recipe!</p>	<p>26. LIVE Workouts: 10:00am: CXWorx 5:00pm: Gliders and more</p> <p>Workout of the Day! Les Mills workout Kids Workout Healthy Recipe!</p>	<p>27. LIVE Workouts: 9:00am: Nutrition chat 10:00am: Core Blast 5:00pm: Lower Body</p> <p>Workout of the Day! Les Mills workout Kids Workout</p>	<p>28. LIVE Workouts: 8:30am: Barre Fitness 10:30am: Upper Body and Core</p> <p>Workout of the Day! Les Mills workout Healthy Recipe!</p>

All workouts and information can be found on our Facebook page!

