









MARCH CLASS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:45 AM		WAKE UP WORKOUT	 SPINNING **		WAKE UP WORKOUT		
5:30 AM	<i>Spin & Praise</i>			<i>Spin & Praise</i>			
8:00 AM						<i>Footprints</i>	
8:15 AM					<i>Aqua Aerobics Holiday Inn</i>	TOTAL BODY	
9:00 AM	Cardio & Strength	YOGA	<i>Resistance Training Circuit</i>	Balance Pilates	YOGA	 ZUMBA fitness	
5:30 PM	<i>BODY Sculpting</i>	YOGA	 ZUMBA fitness	<i>Barre</i>	<p><u>Upcoming Events</u></p> <p><u>Child Care (Kidz Klub)</u> Monday-Thursday 5-7:30 PM Saturday 7:30-10:30 AM</p> <p><u>Tell City Half Marathon March Madness 5k</u> March 10 @ 8:00 a.m. EverBody's Fitness Center Child Care open 7:30 a.m. (reservations requested)</p> <p><u>Saturday March 10th</u> NO CLASSES</p>		
	<i>Aqua Aerobics Holiday Inn</i>	Pound** (Court 1)	<i>Aqua Aerobics Holiday Inn</i>				
6:15 PM	**  SPINNING	**  SPINNING	**  SPINNING	YOGA			
	<i>Barre</i>	 ZUMBA fitness	<i>Boxing</i>				
6:30 PM	 ZUMBA fitness at Schergen Center						

*Reservations are required for Spinning & Pound classes

Inclement Policy - If TC schools are closed due to inclement weather, there will be no classes. If TC Schools are on a delay there will be no morning classes. **Always use your judgment when deciding to drive during the winter months.**