

710 Fulton Street
 Tell City, IN 47586
 (812) 547-3565

EverBody's Fun and Fitness Center

www.everbodys.com

MARCH CLASS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Morning	4:45 Wake Up Workout	4:45 Barre	4:45 Wake Up Workout	4:45 Spinning	4:45 Wake Up Workout	7:30 a.m. Footprints	7:00 a.m. Spinning**
Mid Morning	9:00 Cardio & Strength	8:30 Yoga 9:30 Yoga	8:00 Chair Yoga 9:00 Resistance Circuit Training	9:00 Balance Pilates/Step***	8:15 Aqua (HIE Pool) 8:30 Yoga 9:30 Yoga	8:30 a.m. Weekend Workout (See Below for Class Schedule)	6:00 p.m. Wallyball
Evening	5:30 Aqua Aerobics (HIE Pool) 5:30 Body Sculpting 6:30 Spinning** 6:30 Barre	5:30 High Fitness 5:30 Spinning** 6:30 Yoga	5:30 Aqua Aerobics (HIE Pool) 5:30 Zumba 6:30 Spinning**	5:30 Barre 6:30 High Fitness	Child Care (Kidz Klub) Monday-Thursday 5-7:30 PM Saturday 7:30-9:30 AM Weekend Workout March 7th - 10 yr Celebration* March 14th - Chair Yoga March 21st - Barre March 28th - High Fitness Run From The Cops 5k March 28th, 2020 - 8:00 a.m. Everbodys Fitness Tell City Half Marathon April 11, 2020 - 8:00 a.m. The Depot (333 7th Street)		
** Reservations are required for Spinning ***1st and 3rd Class of the month is Step			*10 Year Celebration Classes 7:30 - Footprints 8:00 - Spinning 8:30 - Wake Up Workout 9:00 - High Fitness 9:30 - Body Sculpting 10:00 - Zumba 10:30 - Barre 11:00 - Pilates/Step				