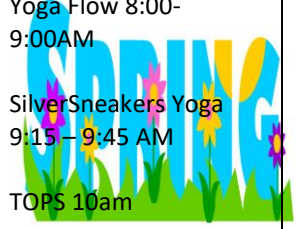


The Answer Fitness Classes

March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Yoga Flow 8:00-9:00AM SilverSneakers Yoga 9:15 – 9:45 AM Kids Dance Classes 4 – 6:15 PM 563-503-0005	2 BOOM Muscle 8:50-9:20 BOOM Move 9:30-10 Beginner Pickle Ball 10:30 – 12:30 PM TOPS 6pm	3	4
5	6 Yoga Flow 8:00-9:00AM SilverSneakers Yoga 9:15 – 9:45 AM TOPS 10am	7 BOOM Muscle 8:50-9:20 BOOM Move 9:30-10 Beginner Pickle Ball 10:30 – 12:30 PM	8 Yoga Flow 8:00-9:00AM SilverSneakers Yoga 9:15 – 9:45 AM Kids Dance Classes 4 – 6:15 PM 563-503-0005	9 BOOM Muscle 8:50-9:20 BOOM Move 9:30-10 Beginner Pickle Ball 10:30 – 12:30 PM TOPS 6pm	10	11
12 	13 Yoga Flow 8:00-9:00AM SilverSneakers Yoga 9:15 – 9:45 AM TOPS 10am	14 BOOM Muscle 8:50-9:20 BOOM Move 9:30-10 Beginner Pickle Ball 10:30 – 12:30 PM	15 Yoga Flow 8:00-9:00AM SilverSneakers Yoga 9:15 – 9:45 AM Kids Dance Classes 4 – 6:15 PM 563-503-0005	16 BOOM Muscle 8:50-9:20 BOOM Move 9:30-10 Beginner Pickle Ball 10:30 – 12:30 PM TOPS 6pm	17 	18
19	20 Yoga Flow 8:00-9:00AM SilverSneakers Yoga 9:15 – 9:45 AM TOPS 10am 	21 BOOM Muscle 8:50-9:20 BOOM Move 9:30-10 Beginner Pickle Ball 10:30 – 12:30 PM	22 Yoga Flow 8:00-9:00AM SilverSneakers Yoga 9:15 – 9:45 AM Kids Dance Classes 4 – 6:15 PM 563-503-0005	23 BOOM Muscle 8:50-9:20 BOOM Move 9:30-10 Beginner Pickle Ball 10:30 – 12:30 PM TOPS 6pm	24	25
26	27 Yoga Flow 8:00-9:00AM SilverSneakers Yoga 9:15 – 9:45 AM TOPS 10am	28 BOOM Muscle 8:50-9:20 BOOM Move 9:30-10 Beginner Pickle Ball 10:30 – 12:30 PM	29 Yoga Flow 8:00-9:00AM SilverSneakers Yoga 9:15 – 9:45 AM Kids Dance Classes 4 – 6:15 PM 563-503-0005	30 BOOM Muscle 8:50-9:20 BOOM Move 9:30-10 Beginner Pickle Ball 10:30 – 12:30 PM TOPS 6pm	31	

