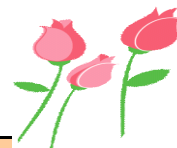




# MARCH 2010



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 ZUMBA 7:00 -8:00 PM	2 YOGA 9:00-10:00 AM STEP & SCULPT 6:15-7:15 PM w/ Cindy	3 Cardio Core & More 9:00-10:00 AM ZUMBA 7:00 -8:00 PM	4 Ball Fit 9:00-10:00 AM	5 BODY SCULPTING 8:30 - 9:30 AM Yoga 9:30-10:30	6
7	8 ZUMBA 7:00 -8:00 PM	9 YOGA 9:00-10:00 AM  <b>NO Class Canidate Night</b>	10 Cardio, Core & More 9:00-10:00 AM <b>ZUMBA 6:30 -7:30 PM Revised Time</b>	11 Ball Fit 9:00-10:00 AM	12 BODY SCULPTING 8:30 - 9:30 AM Yoga 9:30-10:30	13
14 <b>Time Change- Spring Forward</b>	15 ZUMBA 7:00 -8:00 PM	16 YOGA 9:00-10:00 AM  STEP & SCULPT 6:15-7:15 PM	17 Cardio Core & More 9:00-10:00 AM  ZUMBA @WILLIES 7:00 - 8:00 PM	18 Ball Fit 9:00-10:00 AM	19 BODY SCULPTING 8:30 - 9:30 AM Yoga 9:30-10:30	20
21	22 Zumba 7:00 -8:00 pm	23 YOGA 9:00-10:00 AM  STEP & SCULPT 6:15-7:15 PM w/ Cindy	24 Cardio Core & More 9:00-10:00 AM ZUMBA 7:00 -8:00 PM	25 Ball Fit 9:00-10:00 AM  <b>POA BOARD MTING</b>	26 BODY SCULPTING 8:30 - 9:30 AM Yoga 9:30-10:30	27
28	29 ZUMBA 7:00 -8:00 PM	30 STEP & SCULPT 6:15-7:15 PM w/ Cindy	31 Cardio Core & More 9:00-10:00 AM ZUMBA 7:00 -8:00 PM	<b>HVL FITNESS CENTER</b> 812-537-3091 X8 aruberg@comcast.net		<b>Instructors: Michelle Lay -Zumba Cynthia Stafford- Yoga&amp; Body Sculpting Cindy Ousey - Cardio, Ball Fit, Step</b>