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MARCH 2017

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
		5:30 – 6:30pm BodyPump with Jerome	5:15PM – 5:45PM FREE! BODYPUMP FORM /TECHNIQUE CLASS – 5:45pm – 6:45pm BodyPump with Kelly G!	STRONG by Zumba™ 6:00pm to 7:00pm★	★8:30am to 9am – BP FORM & TECHNIQUE – FREE! ★ 9:00am – 10:00am BodyPump with Jerome 10:00AM to 10:45AM KIDZ WORKOUT! 10:30am – 11:30am ZUMBA with Arlene & Jerome aka ZUMBAJEAR!! 11:45am–12:15pm ABZ-SOLUTION - FREE!	
		6:45pm – 7:45pm Zumba with Arlene & Jerome aka ZUMBAJEAR	6:45pm – 7:45pm Zumba with Arlene & Jerome aka ZUMBAJEAR	★7:00pm to 8:00pm BACHATA DANCE CLASS with Tony Paolucci!	7:15pm to 8:15pm URBAN FUNK FITNESS WITH “BUNDY”	CLOSED
6	7	8	9	10	11	12
5:30 – 6:30pm BodyPump with Jerome 5:45pm – 6:45pm KIDZ DANCE FITNESS with “Lora” 6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR	5:30m to 6:30pm Pilates with Nicole! 6pm – 6:30pm “FREE” STRONG by Zumba – BASIC & ALT MOVES 6:45pm to 7:45pm ZUMBA with “KELLY – THE CHAMELEON”!	5:30 – 6:30pm BodyPump with Jerome 6:45pm – 7:45pm Zumba with Arlene & Jerome aka ZUMBAJEAR	5:45pm to 6:15pm ABZ-SOLUTION – FREE! 5:45pm – 6:45pm BodyPump with Kelly G! ★7:00pm to 8:00pm SALSA DANCE NIGHT with Tony Paolucci!	STRONG by Zumba™ 6:00pm to 7:00pm★ 7:15pm to 8:15pm LINE DANCING WITH “MOSES”	9:00am – 10:00am BodyPump with Jerome 10:00AM to 10:45AM KIDZ WORKOUT! 10:30am – 11:30am ZUMBA with Arlene & Jerome aka ZUMBAJEAR!! 11:45am–12:15pm ABZ-SOLUTION - FREE!	CLOSED
13	14	15	16	17	18	19
5:30 – 6:30pm BodyPump with Jerome 6:00pm – 6:45pm KIDZ SELF DEFENSE CLASS 6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR	5:30m to 6:30pm Pilates with Nicole! 6pm – 6:30pm “FREE” ZUMBA BASIC MOVES 6:45pm to 7:45pm ZUMBA with “KELLY – THE CHAMELEON”!	5:30 – 6:30pm BodyPump with Jerome 6:45pm – 7:45pm Zumba with Arlene & Jerome aka ZUMBAJEAR	5:45pm to 6:15pm ABZ-SOLUTION – FREE! 5:45pm – 6:45pm BodyPump with Kelly G! ★7:00pm to 8:00pm BACHATA DANCE CLASS with Tony Paolucci!	STRONG by Zumba™ 6:00pm to 7:00pm★ 7:15pm to 8:15pm URBAN FUNK FITNESS WITH “BUNDY” HAPPY ST. PATRICK’S DAY!	8:30am – 9:30am BodyPump with Jerome 9:00am – 9:45am – Kidz Workout ★10:00 am – 12:00pm – ZUMBA TWO HOUR JAM! *special event* 12:15pm - 12:45pm ABZ-SOLUTION - FREE!	CLOSED
20	21	22	23	24	25	26
1st Day of Spring! 5:30 – 6:30pm BodyPump with Jerome 5:45pm – 6:45pm KIDZ DANCE FITNESS with “Lora” 6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR	5:15PM – 5:45PM FREE! BODYPUMP FORM /TECHNIQUE CLASS 5:30m to 6:30pm Pilates with Nicole! 6:45pm to 7:45pm ZUMBA with “KELLY – THE CHAMELEON”!	5:30 – 6:30pm BodyPump with Jerome 6:45pm – 7:45pm Zumba with Arlene & Jerome aka ZUMBAJEAR	5:45pm – 6:45pm BodyPump with Kelly G! ★7:00pm to 8:00pm SALSA DANCE NIGHT with Tony Paolucci!	STRONG by Zumba™ 6:00pm to 7:00pm★ 7:15pm to 8:15pm LINE DANCING WITH “MOSES”	9:00am – 10:00am BodyPump with Jerome 10:00AM to 10:45AM KIDZ WORKOUT! 10:30am – 11:30am ZUMBA with Arlene & Jerome aka ZUMBAJEAR!! 11:45am–12:15pm ABZ-SOLUTION - FREE!	CLOSED
27	28	29	30	31		
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