

# MARCH 2023

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<b>GROUP FITNESS CLASSES</b> <b>HEALTH EDUCATION CLASSES</b> <b>ANNOUNCEMENTS</b> <b>COMMUNITY EVENTS</b>			<b>1</b> 12pm Spin 4pm Step 5:30pm Intro to Yoga	<b>2</b> 11am Chair Strength 4pm TRX 5pm Spin 6pm Couch to 5k	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b> 4pm Super Circuit 5:30pm TRX Yoga	<b>7</b> 11am Chair Stretch 3:30-5pm SSSH	<b>8</b> 12pm Spin 4pm Step 5:30pm Intro to Yoga	<b>9</b> 11am Chair Strength 4pm TRX 5pm Spin 6pm Couch to 5k	<b>10</b> Wellness Center CLOSED	<b>11</b>
<b>12</b>	<b>13</b> 4pm Super Circuit 5:30pm TRX Yoga	<b>14</b> 11am Chair Stretch 3:30-5pm SSSH	<b>15</b> 12pm Spin 4pm Step 5:30pm Intro to Yoga	<b>16</b> 11am Chair Strength 4pm TRX 5pm Spin 6pm Couch to 5k	<b>17</b>	<b>18</b> <a href="#">Colorectal Cancer Awareness Walk/ Run</a>
<b>19</b>	<b>20</b> 4pm Super Circuit 5:30pm TRX Yoga	<b>21</b> 11am Chair Stretch 3:30-5pm SSSH	<b>22</b> 12pm Spin 4pm Step 5:30pm Intro to Yoga	<b>23</b> 11am Chair Strength 4pm TRX 5pm Spin	<b>24</b> Wellness Center CLOSED	<b>25</b>
<b>26</b>	<b>27</b> 4pm Super Circuit 5:30pm TRX Yoga	<b>28</b> 11am Chair Stretch 3:30-5pm SSSH Diabetes Alert Day 11 am - 12 pm	<b>29</b> 12pm Spin WC Closes at 3pm for Boys and Girls Club	<b>30</b> 11am Chair Strength 4pm TRX 5pm Spin	<b>31</b>	

## Hours of Operation (MST)

**Wellness Center:** Monday -Thursday | 8am-7pm Friday | 8am-5pm  
**Family Health Center:** Monday-Thursday | 8am-6pm Friday | 8am-5pm  
**Main Office:** Monday-Friday | 8am-5pm Closed for lunch | 12-1pm

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