

MARCH | MARZO | WOOZHCH'IID | OSOMUYA

SUN	MON	TUE	WED	THU	FRI	SAT	
1	2 4pm Super Circuit	3 4pm TRX 6pm Open Drum Group	4 4pm Strength Conditioning	5 4pm TRX Yoga 5:30 Run 4 Renewal	6 12pm Spin 4pm Intro Yoga	7	
8	9 4pm Super Circuit	10 4pm TRX	11 4pm Strength Conditioning 5:30pm Honor Your Heart	12 4pm TRX Yoga 5:30 Run 4 Renewal	13 12pm Intro Yoga 4pm Intro Yoga	14 Run 4 Renewal Tracking Ends	
15 Spring Equinox Virtual 5k/10k Register here	16 4pm Super Circuit	17 4pm TRX 6pm Open Drum Group	18 4pm Strength Conditioning 5:30pm Honor Your Heart	19 4pm TRX Yoga 5:30 Run 4 Renewal	20 12pm Spin 4pm Intro Yoga	21 Spring Equinox Virtual 5k/10k Tracking Ends	
22 	23 10AM- 2PM (MST) WELLNESS CENTER CLOSED FOR STAFF DEVELOPMENT 4pm Super Circuit	24 4pm TRX	25 4pm Strength Conditioning 5:30pm Honor Your Heart	26 4pm TRX Yoga	27 12pm Intro Yoga 4pm Intro Yoga	28	
29	30 4pm Super Circuit	31 4pm TRX 6pm Open Drum Group	SCAN QR CODE TO REIGSTER FOR HONOR YOUR HEART 				Group Fitness Classes Free Health Education Classes Announcements L.I.F.E. Community Events