

MARCH 2018 FITNESS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FREE CLASSES IN FUMC CHURCH ACTIVITY CENTER	Any questions CONTACT Linda Dunn ldunn@fumct.org 345-7261 Ext. 120		JOIN ME FOR TUSCALOOSA HEARTWALK FUND RAISER MARCH 3RD	1 LITTLE LAMBS SALE TODAY!	2 LITTLE LAMBS SALE NO CLASSES TODAY !	3 TUSCALOOSA HEARTWALK Tuscaloosa Amphitheater 8:30 AM Linda
4	5 8:00 Senior Fitness—Beth 9:00 Aerobics Workout—Janice	6 9:00 Step & Sculpt—Traci	7 8:00 Senior Fitness—Beth 1:30 Yoga—Linda 5:30TBC—Linda	8	9 8:00 Senior Fitness—Janice 9:00 Step & Sculpt—Beverly	10
11 SPRING BREAK NO CLASSES SCHOOL IS OUT !	12 HAPPY SPRING BREAK	13	14 NEW TIME TODAY 11:00 –12:00 Yoga—Linda	15 HAPPY SPRING BREAK	16	17 
18	19 8:00 Senior Fitness—Beth 9:00 Interval Workout—Janice	20 9:00 Step & Sculpt—Linda	21 8:00 Senior Fitness—Beth 1:30 Yoga - Fleta 5:30 Pilates— Traci	22	23 8:00 Senior Fitness—Beth 9:00 Step & Sculpt—Traci	24
25	26 8:00 Senior Fitness—Beth 9:00 Aerobics Workout—Janice	27 9:00 TBC—Linda	28 8:00 Senior Fitness—Beth 1:30 Yoga—Linda 5:30 Pilates— Traci	29	30 8:00 Senior Fitness—Janice 9:00 Step & Sculpt—Beverly	31