








Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Customize Your Fitness Plan</p> 		<p><b>RESOLUTIONS?</b> Ask about a Fitness Plan and Personal Training Packages so you stay committed and reach your goals.</p>		 <p>Dance Like the Stars</p>	<p><b>1</b> 6pm Ballroom Dancing with Juan Join the Team!</p>	<p><b>2</b> 8:30-9:30am Spinning with Fred</p>
<p><b>SPINNING</b></p> 	<p><b>4</b> 7:30-8:30pm Spinning with Angelia</p>	<p><b>5</b> 9-10am Yoga with Brina -</p>	<p><b>6</b> SPECIALTY RIDE 6:30-7:30pm Spinning with Angelia Mardi-Gras &amp; Carnival Ride - Celebrate New Orleans and RIO!</p>	<p><b>7</b> 9-10am Yoga with Evelyn -</p>	<p><b>8</b> Int'l. Women's Day 6pm Ballroom Dancing with Juan Join the Team!</p>	<p><b>9</b> 8:30-9:30am Spinning with Missy</p>
<p><b>10</b> Daylight Saving Begins</p> 	<p><b>11</b> 7:30-8:30pm Spinning with Angelia</p>	<p><b>12</b> 9-10am Yoga with Brina -</p>	<p><b>13</b> 6:30-7:30pm Spinning with Angelia SPECIALTY RIDE St. Patrick's Day Ride in Ireland with Visual Aids</p>	<p><b>14</b> 9-10am Yoga with Evelyn -</p>	<p><b>15</b> 6pm Ballroom Dancing with Juan Join the Team!</p>	<p><b>16</b> 8:30-9:30am Spinning with Fred</p>
<p><b>17</b> Saint Patrick's Day</p> 	<p><b>18</b> 7:30-8:30pm Spinning with Angelia</p>	<p><b>19</b> 9-10am Yoga with Brina -</p>	<p><b>20</b> Spring Begins 6:30-7:30pm Spinning with Angelia SPECIALTY RIDE Celebrating Spring and Daylight Savings Time! Change, New Beginnings and More Daylight...</p>	<p><b>21</b> 9-10am Yoga with Evelyn -</p>	<p><b>22</b> 6pm Ballroom Dancing with Juan Join the Team!</p>	<p><b>23</b> 8:30-9:30am Spinning with Missy</p>
<p><b>FITNESSCLINIC</b></p> 	<p><b>25</b> SPRING BREAK</p>  <p>NO SPINNING TODAY</p>	<p><b>26</b> 9-10am Yoga with Brina -</p>	<p><b>27</b> SPRING BREAK</p>  <p>NO SPINNING TODAY</p>	<p><b>28</b> 9-10am Yoga with Evelyn -</p>	<p><b>29</b> 6pm Ballroom Dancing with Juan Join the Team!</p>	<p><b>30</b> 8:30-9:30am Spinning with Fred</p>

31

CUT OUT THE THINGS THAT DON'T MAKE A DIFFERENCE IN YOUR DAY...