

MARCH

Monthly Events

SELECTIVE DAYS

- **St. Patrick's Day 5K** Wednesday, 15 March 3 pm
- **Celebrating All Abilities 5K** Monday, 21 March 4:30 pm
- **Colorfully Connected Color Run** Friday, 31 March 7:30 am

WEEKLY CLASSES

- **HPF** Mondays - Fridays 5:30 am - 6:30 am
- **HPF** Mondays - Fridays 6:30 am - 7:30 am
- **PTX** Mondays & Thursdays 6 am - 7 am
- **Family Boot Camp** Tuesdays - Thursdays 9 am - 10 am
- **Krav Maga** Tuesdays & Thursdays 11:30 am - 12:30 pm
- **Yoga with Steph** Tuesdays & Thursdays 10 am
- **Yoga in the Air Park** Fridays 8 am

Call to schedule a relaxing Massage Therapy session with Jennifer today!