



SUN	MON	TUE	WED	THU	FRI	SAT
1	<b>2</b> 10:00 Nordic Walking (All Lev.) 11:00 Mov. w/ Music (All Lev.) 11:00 Cybex (All Lev.) 12:00 PWR! & Posture (Basic) 12:00 Stretch & Flex (Adv.) 01:00 WellRep (Basic) 01:00 WellRep (Int.) 01:00 Boxing (Adv.) 02:00 Ready, Steady, Write! (All Lev.) 02:00 Aquatics (All Lev.)	3	<b>4 WSU Wellness Expo</b> Heskett (WSU) Tornado Drill 10:45 Aquatics (All Lev.) 11:15 Bal-A-Vis-X (Basic) 12:00 Bal-A-Vis-X (Adv.) 12:00 Cardio (All Lev.) 01:00 WellRep (Basic) & (Int.) 01:00 F45 (Adv.) 02:00 Chair Yoga (All Lev.) 02:00 Stick Mobility (Adv.) 02:15 Stretch & Flex (Basic)	5	<b>6</b> 10:00 Education Hour: A Deeper Dive into PD Speaker: Julie Bye 11:00 Stick Mobility (Basic) 11:00 Balance Builders (Int.) 11:00 F45 (Adv.) 12:00 Boxing (Adv.) 12:45 Stretch & Flex (Adv.) 01:30 Boxing (Basic) 02:15 Stretch & Flex (Basic)	7
8	<b>9</b> 10:00 Nordic Walking (All Lev.) 11:00 Mov. w/ Music (All Lev.) 11:00 Cybex (All Lev.) 12:00 PWR! & Posture (Basic) 12:00 Stretch & Flex (Adv.) 01:00 WellRep (Basic) 01:00 WellRep (Int.) 01:00 Boxing (Adv.) 02:00 Ready, Steady, Write! (All Lev.) 02:00 Aquatics (All Lev.)	10	<b>11</b> 10:00 Coffee Hour 10:45 Aquatics (All Lev.) 11:15 Floor Class (All Lev.) 11:15 Bal-A-Vis-X (Basic) 12:00 Bal-A-Vis-X (Adv.) 12:00 Cardio (All Lev.) 01:00 WellRep (Basic) & (Int.) 01:00 F45 (Adv.) 02:00 Chair Yoga (All Lev.) 02:00 Stick Mobility (Adv.) 02:15 Stretch & Flex (Basic)	12	<b>13</b> 10:00 Empowerment (PwP) 10:00 Empowerment (PwP) 10:00 Empowerment (CG) 11:00 Stick Mobility (Basic) 11:00 Balance Builders (Int.) 11:00 F45 (Adv.) 12:00 Boxing (Adv.) 12:45 Stretch & Flex (Adv.) 01:30 Boxing (Basic) 02:15 Stretch & Flex (Basic)	14 Spring Break!
15 Spring Break!	<b>16 Spring Break!</b> 10:00 Nordic Walking (All Lev.) 11:00 Mov. w/ Music (All Lev.) 11:00 Cybex (All Lev.) 12:00 PWR! & Posture (Basic) 12:00 Stretch & Flex (Adv.) 01:00 WellRep (Basic) 01:00 WellRep (Int.) 01:00 Boxing (Adv.) 02:00 Ready, Steady, Write! (All Lev.) 02:00 Aquatics (All Lev.) <i>Wear Green Day</i>	<b>17 Spring Break!</b> St. Patrick's Day 	<b>18 Spring Break!</b> 10:45 Aquatics (All Lev.) 11:15 Bal-A-Vis-X (Basic) 12:00 Bal-A-Vis-X (Adv.) 12:00 Cardio (All Lev.) 01:00 WellRep (Basic) & (Int.) 01:00 F45 (Adv.) 02:00 Chair Yoga (All Lev.) 02:00 Stick Mobility (Adv.) 02:15 Stretch & Flex (Basic) <i>Wear Fav Jersey Day</i>	<b>19 Spring Break!</b> 12:00 Boxing (Adv.) 12:45 Stretch & Flex (Adv.) 01:30 Boxing (Basic) 02:15 Stretch & Flex (Basic)	<b>20 Spring Break!</b> 10:00 Empowerment (PwP) 10:00 Empowerment (PwP) 10:00 Empowerment (CG) 11:00 Stick Mobility (Basic) 11:00 Balance Builders (Int.) 11:00 F45 (Adv.) <i>Crazy Hat Day</i>	21 Spring Break!
22 Spring Break!	<b>23</b> 10:00 Nordic Walking (All Lev.) 11:00 Mov. w/ Music (All Lev.) 11:00 Cybex (All Lev.) 12:00 PWR! & Posture (Basic) 12:00 Stretch & Flex (Adv.) 01:00 WellRep (Basic) 01:00 WellRep (Int.) 01:00 Boxing (Adv.) 02:00 Speakout Loud (All Lev.) 02:00 Aquatics (All Lev.)	<b>24</b> 6:00 ParkBench (Young Onset)	<b>25</b> 10:00 Coffee Hour 10:45 Aquatics (All Lev.) 11:15 Floor Class (All Lev.) 11:15 Bal-A-Vis-X (Basic) 12:00 Bal-A-Vis-X (Adv.) 12:00 Cardio (All Lev.) 01:00 WellRep (Basic) & (Int.) 01:00 F45 (Adv.) 02:00 Chair Yoga (All Lev.) 02:00 Stick Mobility (Adv.) 02:15 Stretch & Flex (Basic)	<b>26</b> 12:00 Boxing (Adv.) 12:45 Stretch & Flex (Adv.) 01:30 Boxing (Basic) 02:15 Stretch & Flex (Basic)	<b>27</b> 10:00 Empowerment (PwP) 10:00 Empowerment (PwP) 10:00 Empowerment (CG) 11:00 Stick Mobility (Basic) 11:00 Balance Builders (Int.) 11:00 F45 (Adv.) 12:00 Celebration Friday	28
29	<b>30</b> 10:00 Nordic Walking (All Lev.) 11:00 Mov. w/ Music (All Lev.) 11:00 Cybex (All Lev.) 12:00 PWR! & Posture (Basic) 12:00 Stretch & Flex (Adv.) 01:00 WellRep (Basic) 01:00 WellRep (Int.) 01:00 Boxing (Adv.) 02:00 Speakout Loud (All Lev.) 02:00 Aquatics (All Lev.)	<b>31</b>				