



March Events

Physical Activity

Thursday, March 8

Weight Training 101, Lesson 2
11 a.m. – noon
Studio 1 and Fitness Floor

Thursday, March 29

Flexibility and Stretching
11 a.m. – noon or 5:30 – 6:30 p.m.
Studio 1 and Fitness Floor

Stress Management

Wednesday, March 7 or

Saturday, March 10

Relaxation Techniques, Lesson 1
11 a.m. – noon
Studio 1 and Fitness Floor

Wednesday, March 28 or

Saturday, March 31

Self Awareness
11 a.m. – noon
Studio 1 and Fitness Floor

Wednesday, March 21 or

Saturday, March 24

Relaxation Techniques, Lesson 2
11 a.m. – noon
Studio 1 and Fitness Floor

Weight Loss

Wednesday, March 14

Navigating Restaurants and the Grocery Store
9:30 – 10:30 a.m. or 5:15 – 6:15 p.m.
Studio 1

Wednesday, March 28

Impact of Processed Foods and Achieving a Healthy Weight for a Lifetime
9:30 – 10:30 a.m. or 5:15 – 6:15 p.m.
Studio 1

Healthy Eating

Thursday, March 1

The Low Stress Diet, Eating for a Healthy Immune System in a Stressful World
5:15 – 6:15 p.m.
Studio 1

Thursday, March 22

Healthy Eating, Family Style
5:15 – 6:15 p.m.
Studio 1