



MARCH

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--------|---------|-----------|--|--|---|
| | | | | | 1 POWER YOGA 8:00-9:00am Laura Hilltop Livingroom | 2 FITNESS FUSION 8:15 - 9:00am Leslie -Hilltop Livingroom PILATES 9:30-10:30am Leslie -Hilltop Livingroom |
| 3 CORE FUSION 8:15 - 9:00am Leslie -Hilltop Livingroom YOGA FOR ALL 9:30-10:30am Leslie -Hilltop Livingroom | 4 | 5 | 6 | 7 GENTLE YOGA 9:00 - 10:00am Carolena Hilltop Livingroom | 8 POWER YOGA 8:00-9:00am Laura Hilltop Livingroom | 9 FITNESS FUSION 8:15 - 9:00am Leslie -Hilltop Livingroom PILATES 9:30-10:30am Leslie -Hilltop Livingroom |
| 10 CORE FUSION 8:15 - 9:00am Leslie in the Motion Studio YOGA FOR ALL 9:30-10:30am Leslie in the Motion Studio | 11 | 12 | 13 | 14 GENTLE YOGA 9:00 - 10:00am Carolena Arbor | 15 POWER YOGA 8:00-9:00am Laura Motion Studio | 16 FITNESS FUSION 8:15 - 9:00am Megan in Motion Studio PILATES 9:30-10:30am Megan in Motion Studio |
| 17 CORE FUSION 8:15 - 9:00am Megan in Motion Studio YOGA FOR ALL 9:30-10:30am Megan in Motion Studio | 18 | 19 | 20 | 21 GENTLE YOGA 9:00 - 10:00am Carolena Hilltop Livingroom | POWER YOGA 8:00-9:00am Laura Sonoma 2 | 23 FITNESS FUSION 8:15 - 9:00am Leslie -Hilltop Livingroom PILATES 9:30-10:30am Leslie -Hilltop Livingroom |
| 24/31 CORE FUSION 8:15 - 9:00am Leslie -Hilltop Livingroom YOGA FOR ALL 9:30-10:30am Leslie -Hilltop Livingroom | 25 | 26 | 27 | 28 GENTLE YOGA 9:00 - 10:00am Carolena Motion Studio | 29 POWER YOGA 8:00-9:00am Laura Motion Studio | 30 FITNESS FUSION 8:15 - 9:00am Leslie in Motion Studio PILATES 9:30-10:30am Leslie in Motion Studio |

FOR MORE INFORMATION OR TO SIGN UP FOR CLASS PLEASE CONTACT THE SPA.

POWERED BY **DWS** Donovan's Wellness Solutions