

**TUESDAY**  
**5:30pm**  
**POP UP**  
**CLASS**

**March 5**

Barre and Barbells, Monica

Class will take place in the Mind & Body Studio

**March 12**

NO CLASS

**March 19**

Flexible and Strong, Patricia

**March 26**

Cardio Blast, Shauna

***Classes take place in the Aerobics Studio unless noted otherwise.***