



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			KEEP THE MOMENTUM GOING CHALLENGE STARTS			
			1	2	3	4
	COMPOUND EXERCISE DEMO IN THE SFC/CLUB 12NOON-12:30PM		INTERNATIONAL WOMEN'S DAY CELEBRATE WITH A FREE BARRE CLASS*		BOOK CLUB REGISTRATION! JOIN NOW VIA QR+ APP	
5	6	7	8	9	10	11
TURN YOUR CLOCKS AHEAD 1 HOUR		HEALTHY MEAL PREP	MEAL PREP TIPS PROMOTION IN THE PATH 12NOON-12:30PM		GYM CLOSES AT 5PM	
12	13	14	15	16	17	18
	MINDFUL EATING, MINDFUL CHOICES		PERSONAL TRAINING PROMOTION IN THE PATH 12NOON-12:30PM	SAFETY TIPS		
19	20	21	22	23	24	25
					KEEP THE MOMENTUM GOING CHALLENGE ENDS	
26	27	28	29	30	31	

FREE BARRE CLASS
IN CELEBRATION OF
INTERNATIONAL WOMEN'S DAY

MARCH 8TH
12NOON - 1:00PM



* Waiver must be signed in order to participate