











MARCH 2010



Mon	Tue	Wed	Thu	Fri	Sat
1 9am Muscle Conditioning ★  6pm Step/Circuit ★ 	2 6:30pm Yoga	3	4 6pm Cycle/Abs	5 9am C & C ★ 6pm Karate for All ★ 	6 8:45am Cycle/Abs 10am Yoga 
8 9 am F.I.T. 6 pm Step/Circuit ★	9 6:30pm Yoga	10 9am Step/Circuit ★  6pm Belly Dancing ★	11 6:15 –7am Cycle 45 6 pm Cycle/Tubing	12 9am 20/20/20 6pm Karate for All ★ 	13 8:45am Cycle/Abs 10am Yoga Beginning ★ 
15 9am Power Hour 6pm Step/Circuit ★ 	16 6:30pm Yoga	17 9am BOSU 6pm Belly Dancing ★	18 6pm Kickboxing & Sculpt	19 9am ZUMBA! ★ 6pm Karate for All ★	20 10am Yoga 2:30pm ★ HIP HOP DANCE
22 9am Yoga 6pm Muscle Conditioning ★	23 6:30pm Yoga	24 6:15 –7am Cycle 45 6pm Belly Dancing ★	25 6pm Kickboxing & Sculpt	26 9am F.I.T. 6pm Karate for All ★	27 8:45am Cycle/Abs 10am Yoga
29 9am Circuit 6pm Step/Circuit ★	30 6:30pm Yoga	31 9am PILATES ★ 6pm C & C ★	★ Beginner Friendly		

Y-Nursery Hours

Morning Hours

Monday—Friday 8:30AM—10:30AM
 Saturday 8:15AM—11AM

Evening Hours

Monday 5:30PM—7:30PM
 Tuesday 5:45PM—7:45PM
 Wednesday 5:30PM—7:30PM
 Thursday 5:45PM—7:45PM

Hours of Operation

Sunday 1:00PM—5:00PM
 Monday—Thursday 6:00AM—9:00PM
 Friday 6:00AM—8:00PM
 Saturday 8:00AM—5:00PM



860 Spring Lane • Sanford • NC • 27330
 919.777.9622