



MARCH 2024



Mon	Tue	Wed	Thu
4 1500-1700 Open & WOD Fitness 1700 JR Fitness Fun 1800 Girls Only Functional Fitness	5 1500-1700 Open & WOD Fitness 1700 Speed & Agility 1800 JR Speed & Agility	6 1500-1700 Open & WOD Fitness	7 1500-1700 Open & WOD Fitness 1700 Strength & Conditioning 1800 Mobility & Flexibility
11 1500-1700 Open & WOD Fitness 1700 JR Fitness Fun 1800 Girls Only Functional Fitness	12 1500-1700 Open & WOD Fitness 1700 Speed & Agility 1800 JR Speed & Agility	13 1500-1700 Open & WOD Fitness	14 1500-1700 Open & WOD Fitness 1700 Strength & Conditioning 1800 Mobility & Flexibility
18 1500-1700 Open & WOD Fitness 1700 JR Fitness Fun 1800 Girls Only Functional Fitness	19 1500-1700 Open & WOD Fitness 1700 Speed & Agility 1800 JR Speed & Agility	20 1500-1700 Open & WOD Fitness	21 1500-1700 Open & WOD Fitness 1700 Strength & Conditioning 1800 Mobility & Flexibility
25 1500-1700 Open & WOD Fitness 1700 JR Fitness Fun 1800 Girls Only Functional Fitness	26 1500-1700 Open & WOD Fitness 1700 Speed & Agility 1800 JR Speed & Agility	27 1500-1700 Open & WOD Fitness	28 1500-1700 Open & WOD Fitness 1700 Strength & Conditioning 1800 Mobility & Flexibility
Youth must be registered with Child and Youth Services to participate in any fitness activity.	JR Classes are for ages 8-10 years. Other classes are for ages 11-18 unless otherwise specified.	Open Fitness is for 6th-12th graders. WOD is a full body workout created by our staff that changes daily.	Girls Only is a comprehensive Functional Fitness Class.