

# MARCH

## CALENDAR OF EVENTS



Sign up for these events on the app  
or at the Front Desk.



### INTRO TO CYCLING

Saturday 3/3 | 11:00AM with Brock

### INTRO TO BOXING with BEN

Sunday 3/18 | 10:15-11:15AM

Thursday 3/29 | 7:15-8:15PM

## AMP UPDATES

Beginning Saturday, March 17, all Saturday AMP Classes will now be “**Strengthening Saturdays**” rather than Full Body. After several requests this change will be implemented and will add more variety to the AMP work outs.



***Coming Soon- AMP Classes on Sundays!***



## MARCH MADNESS

Our first ever March Madness Event will be held in the basketball court on Saturdays 11:30-1:30pm and Sundays 2:00-4:00pm. Teams of 3 will be randomly selected on 3/4 and games will begin on 3/10.

**FREE TO MEMBERS!** \$20 for Non-Members. Please sign up at the Front Desk through March 3rd.

## GOLF & TENNIS

***Athletic Development Series***

**Saturdays @ 8:30AM | Begins Saturday March 10th**

Join Jonathan for this 6 week progressive course that will strengthen your mobility and balance. This course will improve the functional skills needed for Golf and Tennis. Last day to sign up is Friday, March 9th. Courses begin Saturday, March 10th. **\$100/Person.**

