



MARCH

CALENDAR OF EVENTS

SPECIAL EVENTS & PROGRAMS

Sign up on the app under
Fitness Programs

Intro to Group Cycling

Saturday 9th @ 11AM-12PM, Led by Daryl

Orientation to Machine Weights

Tuesday 26th @ 7PM-8PM | *meet in the lobby*

St. Patrick's "FUN RUN"

Saturday 16th @ 9:30AM | *meet on the back loading dock*

Join us on March 16th for a special Fun Run in celebration of St. Patrick's Day! This event is free and open to all members and includes a short 1.5 mile run/walk with strength training stations along the way. ***St. Patrick's themed treats will be provided at the conclusion of the event.***

Senior Breakfast - Thursday, 3.21 @ 10:30AM

All Seniors are invited to this special breakfast event taking place in the lobby!

GROUP EXERCISE NEWS

Balance, Strength & Mobility *Led by Jennifer*

Now every Monday @ 10:30-11:30am

NEW! NIA *Led by Haven*

Mondays @ 11:30-12:30pm

NEW! Top 40's Flow Yoga *Led by Kenzie*

Wednesdays @ 4:00-5:00pm

NEW! Silver Yoga *Led by Debbie*

Fridays @ 11:30-12:30pm

BARRE BURN

Elite 8 Challenge

In celebration of March Madness, any members who attend at least 8 Barre Burn classes during the month of March will be awarded 1 freebie class!

Your first class is free, sign up on the app!

Contact Melissa@FitnessWorldNC.com if you would like to bring a guest.

SUNRISE WARRIOR

Register by March 11th for only \$89!

Join us for the next Sunrise Warrior to get closer to your fitness goals! Participants will be led through a variety of exercises using light weights and body weight to maximize each calorie burning session, focusing on strengthening the core and engaging muscles head to toe.

Mon/Wed Mornings from 6:00-6:30AM

March 18th - April 10th | 8 Sessions for \$99