

Spring Break Blast!
March 1st-12th, 2010

Attend 2 classes per day during the 2 weeks prior to Spring Break!

Date & Time	Class	Instructor	Location
Monday, March 1 st 6:45-7:45am 4:30-5:25pm	Kickoff to the Spring Break Blast! Aqua Fit (regular class)	Molly Claire	Gold Room Pool
Tuesday, March 2 nd 7:00-7:45am 5:00-6:00pm	Cardio Blast Power Yoga (regular class)	Laura Kelsey	Gold Room Gold Room
Wednesday, March 3 rd 7:00-7:45am 5:00-6:00pm	Pump & Tone Step-n-Sculpt (regular class)	Sara Shannon	Room 135 Gold Room
Thursday, March 4 th 7:00-7:45am 6:00-6:45pm	Power 3-2-1 Yoga	Ranae Joshua	Gold Room Room 135
Friday, March 5 th 6:45-7:30am 2:00-2:45pm	Pilates (regular class) Boot Camp	Molly Joshua	Gold Room Gold Room
Saturday, March 6 th	RELAX!		
Sunday, March 7 th	RELAX!		
<i>Congrats, you've completed week #1 of Spring Break Blast!!</i>			
Monday, March 8 th 9:00-9:50am 7:00-7:45pm	Spin (regular class) Step	Heather Justine	Room 135 Gold Room
Tuesday, March 9 th 7:00-7:45am 6:00-7:00pm	Cardio Blast Sunset Yoga	Jamie Kate	Gold Room Gold Room
Wednesday, March 10 th 8:00-8:45 2:00-2:50	Total Body Bosu Butts-n-Gutts (regular class)	Heather Alysha	Gold Room Gold Room
Thursday, March 11 th 7:00-7:45am 4:00-4:50	Basic Training Beach Prep Athletic Circuit (regular class)	Joshua Britney	Gold Room Gold Room
Friday, March 12 6:45-7:30am 7:30-8:30am	Pilates (regular class) Free Breakfast!	Molly Molly	Gold Room Conference Room
<i>Congratulations, You did it! Now get to the Beach!!</i>			