

This Month's FitWell Programs

March 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
24	25	26	27	28	29	1
2	3	4	5	6	7	8
Personal Trainer Free 30-Min Sessions 5-7 p.m. Douthit		World Compliment Day All Day Drop-In Wellness Zone		Women in the Workforce All Day Drop-In Wellness Zone		
9	10	11	12	13	14	15
		Sustainable Sips 6-8 p.m. Drop-In Wellness Zone	Personal Trainer Free Form Checks 5-7 p.m. Fike		NO GROUP FITNESS CLASSES	NO GROUP FITNESS CLASSES
16	17	18	19	20	21	22
NO GROUP FITNESS CLASSES	NO GROUP FITNESS CLASSES	NO GROUP FITNESS CLASSES	NO GROUP FITNESS CLASSES	NO GROUP FITNESS CLASSES	NO GROUP FITNESS CLASSES	NO GROUP FITNESS CLASSES
23	24	25	26	27	28	29
		Find Your Zen 6-8 p.m. Drop-In Wellness Zone Twerk, Trap, + Tone 9-10 p.m. Lower	Personal Trainer Information Tabling 5-7 p.m. Douthit			
30	31	1	2	3	4	5
Personal Trainer Free Fitness Assessments 5-7 p.m. Douthit SESSION 2 SMALL GROUPS BEGIN		Twerk, Trap, + Tone 9-10 p.m. Douthit		Fitness and Wellness Beach Bash! All Day Snow Outdoor Rec Center		
WELLNESS WORKS	WELLNESS WORKS	WELLNESS WORKS	WELLNESS WORKS		WELLNESS WORKS	WELLNESS WORKS

WELLNESS EVENTS

WELLNESS WORKSHOPS

WELLNESS CLINICS

