

March 2011

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|---|--|--|---|--|
| | | 1 | 2 | 3 | 4 | 5 11am Kickoff in Baker Park w/ Danny Cahill |
| 6 10:45am Gentle Yoga (Sol Yoga Studio) Kellee Martin | 7 6:30pm The Body Machine (Baker Park) Ken Bennett | 8 6:30pm "Hands On Massage Workshop (HHA) Marie Reader | 9 6:30pm Outdoor Workout (Baker Park) Seymour Davis | 10 12noon Lunchtime Pilates (Ananda Shala) Aimee McBride | 11 10am Homeschool MMA (The Clinch Academy) Luke Rhinehart | 12 8:15am Flow 'n Go Yoga (BCC) Brandi Sandefur 12noon Fit Lunch on a Budget (Mid Atlantic Clinic) Kristy Hangen |
| 13 10:45am Gentle Yoga (Sol Yoga Studio) Janet Krones 12:30pm Athletic Training Workout (Baker Park) Patrick Aron | 14 6:30pm The Body Machine (Baker Park) Ken Bennett | 15 1pm Healthy Child Workshop (Mid Atlantic Clinic) Dr. Rashidian 6:30pm Healthy Family Dinner Demo (Mid Atlantic Clinic) Kristy Hangen | 16 11:30am Baby and Me Yoga (Sol Yoga) Heather Schlepner 6:30pm Outdoor Workout (Baker Park) Seymour Davis | 17 12noon Lunchtime Pilates (Ananda Shala) Aimee McBride | 18 10am Adult Clinch Workout (The Clinch Academy) Luke Rhinehart | 19 8:15am Flow 'n Go Yoga (BCC) Shanna Gallegos 2pm Running Clinic (Baker Park) Terri Gibbons |
| 20 10:45am Gentle Yoga (Sol Yoga Studio) Venus Elliott 3pm Family Friendly Fit Camp (Baker Park) Ernie Burge | 21 6:30pm The Body Machine (Baker Park) Ken Bennett | 22 6:30pm Outdoor Workout (Baker Park) Ernie Burge | 23 10am Toddler Yoga (BCC) Melissa Karlicek 6:30pm What's Your Element? (HHA) Ryan Diener | 24 11am Children's Nutrition (Mid Atlantic Clinic) Heather Nanda 12noon Lunchtime Pilates (Ananda Shala) Aimee McBride | 25 10am Homeschool MMA (The Clinch Academy) Luke Rhinehart | 26 8:15am Flow 'n Go Yoga (BCC) Courtney Lee |
| 27 10:45am Gentle Yoga (Sol Yoga Studio) Brandi Sandefur 1:30pm Athletic Training Workout (Training Studio/ Urbana) Patrick Aron | 28 6:30pm The Body Machine (Baker Park) Ken Bennett | 29 6:30pm Outdoor Workout (Baker Park) Ernie Burge | 30 10am Toddler Yoga (BCC) Melissa Karlicek | 31 12noon Lunchtime Pilates (Ananda Shala) Aimee McBride | | |



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