FITNESS CENTER - STUDIO D - MARCH SCHEDULE							
TIME	**MONDAY**	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**	**SATURDAY**	**SUNDAY**
9:00AM							
10:00AM	*Fish Out of Water* (Janice)		*Fish Out of Water* (Beth)		*Fish Out of Water* (Julie M.)	*Fish Out of Water* (Mariah)	
11:00AM							
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Studio D is found upstairs. Staff will provide directions upon request.							
STUDIO D DESCRIPTIONS							
Fish Out of Water							
A stretch, low impact cardio, barre, balance, and core class designed after the aqua curriculum.							