

MARCH

Wellness Center Hours:
Monday-Sunday
5:00am-10:00pm

Staffed Hours:
Monday-Thursday
8:00am-Noon & 1:00-5:00pm | Friday
8:00am-Noon

SUN	MON	TUE	WED	THU	FRI	SAT
1 (Sat)	3 Boot Camp 6A Alive & Active 9A SAIL 10A	4 Boot Camp 6A Alive & Active 9A Open Yoga 10A	5 SAIL 10A	6 Boot Camp 6A Alive & Active 9A Alive & Active 10A	7 Alive & Active 9A SAIL 10A	8
2	Open Yoga 4P *MMA Fit 5:15P *TKD Kids 6:15P *TKD Adults 7P	SAIL 2:30P	Open Yoga 4P *MMA Fit 5:15P *TKD Kids 6:15P *TKD Adults 7p	SAIL 2:30P Strength 4P	*Sparring Class 4-6P	
9	10 Boot Camp 6A Alive & Active 9A SAIL 10A Open Yoga 4P *MMA Fit 5:15P *TKD Kids 6:15P *TKD Adults 7P	11 Boot Camp 6A Alive & Active 9A Open Yoga 10A SAIL 2:30P	12 SAIL 10A Open Yoga 4P *MMA Fit 5:15P *TKD Kids 6:15P *TKD Adults 7p	13 Boot Camp 6A Alive & Active 9A Alive & Active 10A SAIL 2:30P Strength 4P	14 Alive & Active 9A SAIL 10A *Sparring Class 4-6P	15
16	17 Boot Camp 6A Alive & Active 9A SAIL 10A Open Yoga 4P *MMA Fit 5:15P *TKD Kids 6:15P *TKD Adults 7P	18 Boot Camp 6A Alive & Active 9A Open Yoga 10A SAIL 2:30P	19 SAIL 10A Open Yoga 4P *MMA Fit 5:15P *TKD Kids 6:15P *TKD Adults 7p	20 Boot Camp 6A Alive & Active 9A Alive & Active 10A SAIL 2:30P NO STRENGTH	21 Alive & Active 9A SAIL 10A *Sparring Class 4-6P	22
23	24 Boot Camp 6A Alive & Active 9A SAIL 10A Open Yoga 4P *MMA Fit 5:15P *TKD Kids 6:15P *TKD Adults 7P	25 Boot Camp 6A Alive & Active 9A Open Yoga 10A SAIL 2:30P	26 SAIL 10A Open Yoga 4P *MMA Fit 5:15P *TKD Kids 6:15P *TKD Adults 7p	27 Boot Camp 6A Alive & Active 9A Alive & Active 10A SAIL 2:30P Strength 4P	28 Alive & Active 9A SAIL 10A *Sparring Class 4-6P	29
30	31 Boot Camp 6A Alive & Active 9A SAIL 10A Open Yoga 4P *MMA Fit 5:15P *TKD Kids 6:15P *TKD Adults 7P				 WELLNESS CENTER Windom Area Health 507-831-0672	* Denotes Medina's Martial Arts class. For info/pricing, contact Master Marco Medina at 319-415-6772