

GET YOUR REAR IN ~~GEAR~~ **THE CLEAR**

Colon Cancer...Preventable...Beatable...Treatable

MARCH 6th

Bodypump - 9:15am @ The District
Bodyattack - 10:15am @ The District
Bodypump - 10:30am @ North

MARCH 7th

Bodyjam - 11:25am @ Forum

MARCH 13th

TBW - 8:00am @ South (With Joann Wilson)
Bodycombat - 9:30am @ Forum
BOSU - 10:30am @ Forum
(Colon Cancer Specialist on site)

MARCH 20th

Bodyflow - 9:30am @ FIT

MARCH 21st

Bodystep - 11:25am @ Forum
Bodystep - 12:30pm @ The District
Bodyflow - 1:30pm @ The District
RPM - 12:30pm & 1:45pm @ Forum

All classes are free, but donations
to Figg Tree are welcome!

