

MARCH

FITNESS CALENDAR

MONDAYS

6 a.m.	Kinetics (FREE)
7 a.m.	TKO-Kickboxing (FREE)
3:15 p.m.	Kinetics (FREE)

TUESDAYS

6 a.m.	Step (FREE)
7 a.m.	Fusion (FREE)
9 a.m.	Hatha Yoga
10 a.m.	Senior Strength (CNCL March 14)
11 a.m.	Cycling
3:15 p.m.	TKO-Kickboxing (FREE)
6 p.m.	Kickboxing

WEDNESDAYS

6 a.m.	Core Arms Aerobic (FREE)
7:15 a.m.	Core Arms Aerobic (FREE)
10 a.m.	Yoga (CNCL March 15)
3:15 p.m.	Core Arms Aerobic (FREE)

THURSDAYS

6 a.m.	TKO-Kickboxing (FREE)
7 a.m.	Step (FREE)
9 a.m.	Weight Training
11 a.m.	Cycling
3:15 p.m.	Fusion (FREE)
6 p.m.	Kickboxing

FRIDAYS

6 a.m.	Kinetics (FREE)
7 a.m.	Fusion (FREE)
3:15 p.m.	TKO-Kickboxing (FREE)

SATURDAYS

9:15 a.m.	Kickboxing
10:30 a.m.	Zumba (CNCL March 11 & 18)

\$3 per class
 10-class pass \$25 (no expiration)
 20-class pass \$50 (no expiration)
 All passes are non-refundable.

Classes in color are FIP
 (Fitness Improvement Program)

Equipment orientation is available
 upon request for all patrons.

Large group exercise class schedule is subject
 to change. The schedule can be picked up
 at the Fitness Center front counter
 or viewed at www.jbsatoday.com and
 Facebook-Rambler Fitness Center

For more information,
 call (210) 652-7263.

**JUST BEFORE
 ST. PATRICK'S
 DAY 5K**
 MARCH 11 • 7:30 A.M.
 HERITAGE PARK

FUN FACTS

- March 1: National Peanut Butter Lover's Day
- March 4: National Pound Cake Day
- March 7: National Cereal Day
- March 9: National Barbie Day
- March 16: National Artichoke Day
- March 23: National Puppy Day
- March 31: National Tator Day

