MUST BRING HC BADGE TO PARTICIPATE!

Sports Club Exercise Classes: March 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Chair Yoga $5 6:30 p.m.	2	3 Zumba $5 9 a.m.
4	5 Chair Yoga $5 12 p.m. Yoga $10 6:30 p.m.	6 Tai Chi/Qigong $10 ($8 Senior) 9 a.m.	7	8 Chair Yoga $5 6:30 p.m.	9	10 Zumba $5 9 a.m.
11	12 Chair Yoga $5 12 p.m. Yoga $10 6:30 p.m.	13 Tai Chi/Qigong $10 ($8 Senior) 9 a.m.	14 Zumba $5 6 p.m.	15 Chair Yoga $5 6:30 p.m.	16	17 Zumba $5 9 a.m.
18	19 Chair Yoga $5 12 p.m. Yoga $10 6:30 p.m.	20 Tai Chi/Qigong $10 ($8 Senior) 9 a.m.	21 Zumba $5 6 p.m.	22 Chair Yoga $5 6:30 p.m.	23	24 Zumba $5 9 a.m.
25	26 Chair Yoga $5 12 p.m. Yoga $10 6:30 p.m.	27 Tai Chi/Qigong $10 ($8 Senior) 9 a.m.	28 Zumba $5 6 p.m.	29 Chair Yoga $5 6:30 p.m.	30	31 Zumba $5 9 a.m.

Exercise Class Instructors:

Zumba $5:	Chenoa Bevenour	chenoa1973@yahoo.com
Yoga $10 & Chair Yoga $5:	Angie Benton	divineshantiyoga@gmail.com
Tai Chi/Qigong $10 ($8 Senior):	Mike Gentile	mike@taichimike.com

Highland Creek Sports & Aquatic Director:

Casey Barry casey@tridentpoolgroup.com

HIGHLAND CREEK