

# MARCH 2018

210-C North Gamble St., Shelby, OH 44875 • 419-342-DEVA(3382) • Website: adevafit.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>*denotes specialty classes</p>				<b>1</b> 5:15 am Kickboxing *7 pm Align Ignite & Transform Workshop	<b>2</b> 5:15 am Boot Camp 10:15 am Silver Sneakers at Sr. Center (circuit)	<b>3</b> * 8:30 am Align Ignite & Transform Workshop *10:30 am Zumba Step
<b>4</b>	<b>5</b> 10:15 am Silver Sneakers at Sr. Center (circuit) *4 pm Zumba Gold *5 pm Buti Sculpt 6 pm Kickboxing 7 pm Candlelight Yoga	<b>6</b> 5:15 am Kickboxing 9:15 am Silver Sneakers at Sr. Center (cardio) 10:15 am Silver Sneaker at Sr. Center (Chair Yoga) *5:15 pm Yoga w/Vanessa 6:30 pm Zumba	<b>7</b> 10:15 am Silver Sneakers at Sr. Center (circuit) 6 pm Kickboxing	<b>8</b> 5:15 am Kickboxing 6:30 pm Zumba	<b>9</b> 5:15 am Kickboxing 10:15 am Silver Sneakers at Sr. Center (circuit)	<b>10</b> 8:30 am Zumba *10:30 am Zumba Step
<b>11</b>	<b>12</b> 10:15 am Silver Sneakers at Sr. Center (circuit) *4 pm Zumba Gold-Toning *5 pm Strong by Zumba 6 pm Kickboxing 7 pm Candlelight Yoga	<b>13</b> 5:15 am Kickboxing 9:15 am Silver Sneakers at Sr. Center (cardio) 10:15 am Silver Sneaker at Sr. Center (Chair Yoga) *5:15 pm Yoga w/Vanessa 6:30 pm Zumba	<b>14</b> 10:15 am Silver Sneakers at Sr. Center (circuit) 6 pm Kickboxing	<b>15</b> 5:15 am Kickboxing 6:30 pm Zumba	<b>16</b> 5:15 am Boot Camp 10:15 am Silver Sneakers at Sr. Center (circuit)	<b>17</b> 8:30 am Zumba *10:30 am Zumba Step <b>Happy St. Patrick's Day</b>
<b>18</b>	<b>19</b> 10:15 am Silver Sneakers at Sr. Center (circuit) *4 pm Zumba Gold-Toning *5 pm Strong by Zumba 6 pm Kickboxing 7 pm Candlelight Yoga	<b>20</b> 5:15 am Kickboxing 9:15 am Silver Sneakers at Sr. Center (cardio) 10:15 am Silver Sneaker at Sr. Center (Chair Yoga) *5:15 pm Yoga w/Vanessa 6:30 pm Zumba	<b>21</b> 10:15 am Silver Sneakers at Sr. Center (circuit) 6 pm Kickboxing	<b>22</b> 5:15 am Kickboxing 6:30 pm Zumba	<b>23</b> 5:15 am Boot Camp 10:15 am Silver Sneakers at Sr. Center (circuit)	<b>24</b> 8:30 am Zumba *10:30 am Zumba Step
<b>25</b>	<b>26</b> 10:15 am Silver Sneakers at Sr. Center (circuit) *4 pm Zumba Gold-Toning *5 pm Strong by Zumba 6 pm Kickboxing 7 pm Candlelight Yoga	<b>27</b> 5:15 am Kickboxing 9:15 am Silver Sneakers at Sr. Center (cardio) 10:15 am Silver Sneaker at Sr. Center (Chair Yoga) ***5:15 pm NO YOGA*** 6:30 pm Zumba	<b>28</b> 10:15 am Silver Sneakers at Sr. Center (circuit) 6 pm Kickboxing	<b>29</b> 5:15 am Kickboxing 6:30 pm Zumba	<b>30</b> 5:15 am Boot Camp 10:15 am Silver Sneakers at Sr. Center (circuit)	<b>31</b> 8:30 am Zumba *10:30 am Zumba Step