

Darlene Bostelman, dba Fitness Alliance, LLC – Fitness Class Schedule for March 2010

| | Monday | Tuesday | Wednesday | Thursday | Saturday | NOTES: |
|---|--|--|---|--|---|--|
| Strength Class \$3.00 per class March 1 st – 31 st | 5:30 – 6:15 p.m. Oberhaus Park Shelter House, W. Maumee St. | | 5:30 – 6:15 p.m. C.D. Brillhart School Gym, Rohrs Street | | | Bring free weights, mat and water. Location change on March 3, 2010 @ Oberhaus Park |
| Zumba \$4.00 per class March 2 nd – 27 th | | 5:30 – 6:15 p.m. West School Gym, 700 Clairmont St. | | | 10:15 – 11:00 a.m. C.D. Brillhart School Gym, Rohrs Street. | Bring Water!!! Location change on March 23, 2010 @ Oberhaus Park |
| Yoga \$3.00 per class March 2 nd – March 30 th | | 7:00 – 7:45 p.m. Napoleon High School Senior Lounge | | 7:45 – 8:30 p.m. Oberhaus Park Shelter House, W. Maumee St. | | Bring Yoga Mat. |

All participants must fill out the required paperwork prior to attending!

Call 419-966-9719 to register for class or any questions!

Weather related cancellations will be announced on WNDH 103.1 radio. Or feel free to call, email or Facebook to confirm!

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