

Calendar Key

Exercise Events

Nutrition Events

Wellness Events

Partner Events

Complete Fitness for Women

Fitness Center at Alamance Regional

<

>

today

March 2017

month

week

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
						9:00 am 2017 Be Healthy Now Kick Off
26	27	28	29	30	31	1
6:00 pm Line Dancing with the Tri City Hustlerz	9:00 am Line Dance	12:00 pm Creating S.M.A.R.T Goals	5:00 am Spin	12:20 pm Mini Bootcamp	8:00 am HIIT - High Intensity Interval Training	9:00 am Booty Sculpt
	9:30 am Trampoline Fitness	12:20 pm Mini Bootcamp	9:00 am Sit and Fit	4:30 pm Spin	9:00 am Booty Sculpt	
	12:20 pm Core and More	4:30 pm Pound!	12:20 pm Yoga	6:30 pm HOT HULA Fitness	10:00 am Zumba	
	12:30 pm Pilates	6:30 pm Cardio Blast	12:30 pm HIIT - High Intensity Interval Training			
	5:15 pm Total Toning		5:15 pm Total Toning			
	5:30 pm Building Good Sleeping Habits Series		5:30 pm Burnin with N'sima			
	5:30 pm Massage Night		6:30 pm Spin			
	5:45 pm Pound					
	6:30 pm Zumba					

REGISTRATION FOR EACH CLASS WILL OPEN THE FRIDAY 2 WEEKS BEFORE THE CLASS.

Calendar Key

Exercise Events

Nutrition Events

Wellness Events

Partner Events

Complete Fitness for Women

Fitness Center at Alamance Regional

< > today

April 2017

month week

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	31	1
	<p>6:00 pm Line Dancing with the Tri City Hustlerz</p>	<p>9:00 am Line Dance</p> <p>9:30 am Trampoline Fitness</p> <p>12:20 pm Core and More</p> <p>12:30 pm Pilates</p> <p>5:15 pm Total Toning</p> <p>5:30 pm Building Good Sleeping Habits Series</p> <p>5:30 pm Massage Night</p> <p>5:45 pm Pound</p> <p>6:30 pm Zumba</p>	<p>12:00 pm Creating S.M.A.R.T Goals</p> <p>12:20 pm Mini Bootcamp</p> <p>4:30 pm Pound!</p> <p>6:30 pm Cardio Blast</p>	<p>5:00 am Spin</p> <p>9:00 am Sit and Fit</p> <p>12:20 pm Yoga</p> <p>12:30 pm HIIT - High Intensity Interval Training</p> <p>5:15 pm Total Toning</p> <p>5:30 pm Burnin with N'sima</p> <p>6:30 pm Spin</p>	<p>12:20 pm Mini Bootcamp</p> <p>4:30 pm Spin</p> <p>6:30 pm HOT HULA Fitness</p>	<p>8:00 am HIIT - High Intensity Interval Training</p> <p>9:00 am Booty Sculpt</p> <p>10:00 am Zumba</p>

April Calendar Continued

2	3	4	5	6	7	8
12:20 pm SpinCamp	9:30 am Trampoline Fitness	12:20 pm Mini Bootcamp	5:00 am Spin	12:20 pm Mini Bootcamp	8:00 am Couch to 5k Training	
5:30 pm Cardio Dance	12:20 pm Core and More	4:30 pm Pound!	9:00 am Sit and Fit	4:30 pm Spin	8:00 am HIIT – High Intensity Interval Training	
5:30 pm Zumba	12:30 pm Pilates	6:00 pm Insights in Mental Health	12:20 pm Yoga	6:30 pm HOT HULA Fitness	9:00 am BHN Community Cooking: Preparing an Easter Feast	
6:00 pm Get Hiking Series	3:00 pm Farmers Market Fun	6:30 pm Cardio Blast	12:30 pm HIIT – High Intensity Interval Training		9:00 am Booty Sculpt	
6:00 pm Line Dancing with the Tri City Hustlerz	5:15 pm Total Toning		5:15 pm Total Toning		10:00 am Zumba	
	5:45 pm Pound		5:30 pm Building Good Sleeping Habits Series			
	6:30 pm Zumba		5:30 pm Burnin with N'sima			
			6:00 pm Sunset Paddle			
			6:30 pm Spin			
9	10	11	12	13	14	15
12:20 pm SpinCamp	9:30 am Trampoline Fitness	12:20 pm Mini Bootcamp	5:00 am Spin	12:20 pm Mini Bootcamp	8:00 am Couch to 5k Training	
5:30 pm Cardio Dance	12:20 pm Core and More	4:30 pm Pound!	9:00 am Sit and Fit	4:30 pm Spin	8:00 am HIIT – High Intensity Interval Training	
5:30 pm Healthy Couponing for Busy People	12:30 pm Pilates	6:30 pm Cardio Blast	12:20 pm Yoga	6:30 pm HOT HULA Fitness	9:00 am Booty Sculpt	
5:30 pm Zumba	3:00 pm Farmers Market Fun	6:30 pm Zumba Workout	12:30 pm HIIT – High Intensity Interval Training		10:00 am Zumba	
	5:15 pm Total Toning		5:15 pm Total Toning			
	5:45 pm Pound		5:30 pm Burnin with N'sima			
	6:30 pm Zumba		6:30 pm Spin			

April Calendar Continued

16	17	18	19	20	21	22
12:20 pm SpinCamp	9:30 am Trampoline Fitness	12:00 pm Effective, Lasting Lifestyle Change	5:00 am Spin	12:20 pm Mini Bootcamp	8:00 am Couch to 5k Training	
5:30 pm Cardio Dance	12:20 pm Core and More	12:20 pm Mini Bootcamp	9:00 am Sit and Fit	4:30 pm Spin	8:00 am HIIT – High Intensity Interval Training	
5:30 pm Zumba	12:30 pm Pilates	4:30 pm Pound!	12:20 pm Yoga	6:30 pm HOT HULA Fitness	9:00 am Booty Sculpt	
6:00 pm Line Dancing with the Tri City Hustlerz	3:00 pm Farmers Market Fun	6:30 pm Cardio Blast	12:30 pm HIIT – High Intensity Interval Training		10:00 am Zumba	
	5:15 pm Total Toning		5:15 pm Total Toning			
	5:45 pm Pound		5:30 pm Burnin with N'sima			
	6:30 pm Zumba		6:00 pm Living Naturally			
			6:30 pm Spin			
23	24	25	26	27	28	29
12:20 pm SpinCamp	9:30 am Trampoline Fitness	12:20 pm Mini Bootcamp	5:00 am Spin	12:20 pm Mini Bootcamp	8:00 am Couch to 5k Training	
5:30 pm Cardio Dance	12:20 pm Core and More	4:30 pm Pound!	9:00 am Sit and Fit	4:30 pm Spin	8:00 am HIIT – High Intensity Interval Training	
5:30 pm Zumba	12:30 pm Pilates	6:30 pm Cardio Blast	12:20 pm Yoga	6:30 pm HOT HULA Fitness	9:00 am Booty Sculpt	
6:00 pm Get Hiking Series	3:00 pm Farmers Market Fun		12:30 pm HIIT – High Intensity Interval Training		10:00 am Hands-on Whole Chicken	
6:00 pm Line Dancing with the Tri City Hustlerz	5:15 pm Total Toning		5:15 pm Total Toning		10:00 am Zumba	
	5:30 pm Staying Asleep with Fewer Trips to the Bathroom		5:30 pm Burnin with N'sima		3:30 pm Tea Time	
	5:45 pm Pound					
	6:30 pm Zumba		6:00 pm Sunset Paddle			
			6:30 pm Spin			
			7:05 pm Deep Water Workout			

Calendar Key

Exercise Events

Nutrition Events

Wellness Events

Partner Events

Complete Fitness for Women

Fitness Center at Alamance Regional

<

>

today

May 2017

month

week

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	1	2	3	4	5	6
	<p>12:00 pm Eating Healthy and Staying Fit</p> <p>5:30 pm Cardio Dance</p>	<p>9:30 am Trampoline Fitness</p> <p>12:30 pm Pilates</p> <p>3:00 pm Farmers Market Fun</p> <p>5:45 pm Pound</p> <p>6:30 pm Zumba</p>	<p>12:00 pm Sleep Lunch and Learn</p> <p>6:00 pm Insights in Mental Health</p> <p>6:30 pm Cardio Blast</p>	<p>5:00 am Spin</p> <p>12:30 pm HIIT - High Intensity Interval Training</p> <p>5:30 pm Burnin with N'sima</p> <p>6:30 pm Spin</p>	<p>6:30 pm HOT HULA Fitness</p>	<p>8:00 am Couch to 5k Training</p> <p>8:00 am HIIT - High Intensity Interval Training</p> <p>9:00 am Booty Sculpt</p> <p>10:00 am Zumba</p>
7	8	9	10	11	12	13
	<p>5:30 pm Cardio Dance</p> <p>6:00 pm Line Dancing with the Tri City Hustlerz</p>	<p>9:30 am Trampoline Fitness</p> <p>12:00 pm Just Ask: Where is this Food From?</p> <p>12:30 pm Pilates</p> <p>3:00 pm Farmers Market Fun</p> <p>5:45 pm Pound</p> <p>6:30 pm Zumba</p>	<p>12:00 pm CORE</p> <p>6:30 pm Cardio Blast</p>	<p>5:00 am Spin</p> <p>12:30 pm HIIT - High Intensity Interval Training</p> <p>5:30 pm Burnin with N'sima</p> <p>6:00 pm Living Naturally</p> <p>6:30 pm Spin</p>	<p>6:30 pm HOT HULA Fitness</p>	<p>8:00 am Couch to 5k Training</p> <p>8:00 am HIIT - High Intensity Interval Training</p> <p>9:00 am Booty Sculpt</p> <p>10:00 am Zumba</p>
14	15	16	17	18	19	20
	<p>5:30 pm Cardio Dance</p> <p>6:00 pm Line Dancing with the Tri City Hustlerz</p>	<p>9:30 am Trampoline Fitness</p> <p>12:30 pm Pilates</p> <p>3:00 pm Farmers Market Fun</p> <p>5:45 pm Pound</p> <p>6:30 pm Zumba</p>	<p>6:30 pm Cardio Blast</p>	<p>5:00 am Spin</p> <p>12:30 pm HIIT - High Intensity Interval Training</p> <p>5:30 pm Burnin with N'sima</p> <p>6:00 pm Get Hiking Series</p> <p>6:00 pm Couch to 5k Training</p> <p>6:30 pm Spin</p>	<p>10:00 am Hikes with Hounds</p> <p>6:30 pm HOT HULA Fitness</p>	<p>8:00 am HIIT - High Intensity Interval Training</p> <p>9:00 am Booty Sculpt</p> <p>10:00 am Zumba</p>
21	22	23	24	25	26	27
				<p>6:00 pm Couch to 5k Training</p>		