

March

2024

SUN	MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	1	2
3	4 Zero to 5k run program starts	5 Self Defense and More! 12:10- 12:40pm	6	7 Self Defense and More! 12:10- 12:40pm	8	9
10	11	12 Self Defense and More! 12:10- 12:40pm	13	14 Self Defense and More! 12:10- 12:40pm	15	16
17	18	19	20	21	22	23
24	25	26 Self Defense and More! 12:10- 12:40pm	27	28 Self Defense and More! 12:10- 12:40pm	29 Good Friday	30
31 Easter Sunday	1	2	3	4	5	6

Notes:

Weight loss challenge winner announced: 3/4

Self Defense and More! Attire: No flip flops or skirts

3/4: Zero to 5k program. 8 week program that will get you ready to run the 5k Memorial