

Evolution Fitness Winfield Class Schedule for March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Watch for a flash sale the week before St. Patrick's Day! You will have SEVEN LUCKY DAYS to take advantage of the deal.					¹ <ul style="list-style-type: none"> • 8 a.m. REPS with Jeanne • 9:25 a.m. Barre Burn with Courtney • 	² <p>9:45 a.m. 60 Minutes with Courtney</p>
³ <p>2:30 p.m. Boot Camp with Courtney</p>	⁴ <p style="text-align: center;">Free Guest Day!</p> <ul style="list-style-type: none"> • 8 a.m. Move & Tone with Jeanne • 9:30 a.m. REPS with Jeanne • 5 p.m. REPS with Jeanne • 6 p.m. CORE DE FORCE with Mindy 	⁵ <ul style="list-style-type: none"> • 8 a.m. REPS with Jeanne • 9 a.m. Sampati Yoga with Jenny 	⁶ <ul style="list-style-type: none"> • 8 a.m. Low Impact Aerobics with Jeanne • 9:30 a.m. RIPPED with Heather 	⁷ <ul style="list-style-type: none"> • 8 a.m. Move & Tone with Jeanne • 9:30 a.m. INSANITY with Mindy 	⁸ <ul style="list-style-type: none"> • 8 a.m. REPS with Jeanne • 9:30 a.m. Barre Burn with Courtney 	⁹ <p>9:30 a.m. Boot Camp with Paul</p>
¹⁰ <p>Daylight Savings Time Spring Forward!</p>	¹¹ <p style="text-align: center;">Free Guest Day!</p> <ul style="list-style-type: none"> • 8 a.m. Move & Tone with Jeanne • 9:30 a.m. REPS with Jeanne • 5 p.m. REPS with Jeanne • 6 p.m. INSANITY with Mindy 	¹² <ul style="list-style-type: none"> • 8 a.m. REPS with Jeanne • No yoga class. 	¹³ <ul style="list-style-type: none"> • 8 a.m. Low Impact Aerobics with Jeanne • 9:30 a.m. RIPPED with Heather 	¹⁴ <ul style="list-style-type: none"> • 8 a.m. Move & Tone with Jeanne • 9:30 a.m. CORE DE FORCE with Mindy 	¹⁵ <ul style="list-style-type: none"> • 8 a.m. REPS with Jeanne • No Barre Burn. 	¹⁶ <p>9:30 a.m. Boot Camp with Pat</p>
¹⁷ 	¹⁸ <p style="text-align: center;">Free Guest Day!</p> <ul style="list-style-type: none"> • 8 a.m. Move & Tone with Jeanne • 9:30 a.m. REPS with Jeanne • 5 p.m. REPS with Jeanne • 6 p.m. CORE DE FORCE with Mindy 	¹⁹ <ul style="list-style-type: none"> • 8 a.m. REPS with Jeanne • Gently Yin Yoga with Jenny (every 3rd Tuesday) 	²⁰ <ul style="list-style-type: none"> • 8 a.m. Low Impact Aerobics with Jeanne • 9:30 a.m. RIPPED with Heather 	²¹ <ul style="list-style-type: none"> • 8 a.m. Move & Tone with Jeanne • No INSANITY class 	²² <ul style="list-style-type: none"> • 8 a.m. REPS with Jeanne • 9:30 Boot Camp with Pat 	²³ <p>9:30 a.m. Boot Camp with Paul</p>
²⁴	²⁵ <p style="text-align: center;">Free Guest Day!</p> <ul style="list-style-type: none"> • 8 a.m. Move & Tone with Jeanne • 9:30 a.m. REPS with Jeanne • 5 p.m. REPS with Jeanne • No Insanity class. 	²⁶ <ul style="list-style-type: none"> • 8 a.m. REPS with Jeanne • 9 a.m. Sampati Yoga with Jenny 	²⁷ <ul style="list-style-type: none"> • No Low Impact Aerobics • 9:30 a.m. RIPPED with Heather 	²⁸ <ul style="list-style-type: none"> • 8 a.m. Move & Tone with Jeanne • 9:30 a.m. CORE DE FORCE with Mindy 	²⁹ <ul style="list-style-type: none"> • 8 a.m. REPS with Jeanne • 9:30 Boot Camp with Pat 	³⁰ <p>9:30 a.m. 60 Minutes with Courtney</p>
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