

March 2021

FITNESS & WELLNESS SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 10:15- L.U.C.K.Y – U Fit-Challenge FR 1:30- Soothing Muscles FR	2 10:15- <i>FUERZA!</i> FR 1:30- Better Balance FR	3 10:15- L.U.C.K.Y – U Fit-Challenge FR 1:30- Wellness Wednesday (Fitness and Wellness 1:1) TR	4 10:15- <i>FUERZA!</i> FR 1:30- Better Balance FR 3:00- 2021 Viera March Madness FR	5 10:15- L.U.C.K.Y – U Fit-Challenge FR 1:30- Dance Class: If I'm Lucky – Jason Derulo FR	6 10:15am- Russell's Full Body Workout Video RD/FR
7 10:15am- Russell's Better Balance Workout Video RD/FR	8 10:15- L.U.C.K.Y – U Fit-Challenge FR 1:30- Soothing Muscles FR	9 10:15- <i>FUERZA!</i> FR 1:30- Better Balance FR	10 10:15- L.U.C.K.Y – U Fit-Challenge FR 1:30- Wellness Wednesday (Anatomy of the Body) TR	11 10:15- <i>FUERZA!</i> FR 1:30- Better Balance FR 3:00- 2021 Viera March Madness FR	12 10:15- L.U.C.K.Y – U Fit-Challenge FR 1:30- Dance Class: If I'm Lucky – Jason Derulo FR	13 10:15am- Russell's Full Body Workout Video RD/FR
14 10:15am- Russell's Better Balance Workout Video RD/FR	15 10:15- L.U.C.K.Y – U Fit-Challenge FR 1:30- Soothing Muscles FR	16 10:15- <i>FUERZA!</i> FR 1:30- Better Balance FR	17 10:15- L.U.C.K.Y – U Fit-Challenge FR 1:30- Wellness Wednesday (Gross and Fine Motor Skills) TR	18 10:15- <i>FUERZA!</i> FR 1:30- Better Balance FR 3:00- 2021 Viera March Madness FR	19 10:15- L.U.C.K.Y – U Fit-Challenge FR 1:30- Dance Class: If I'm Lucky – Jason Derulo FR	20 10:15am- Russell's Full Body Workout Video RD/FR
21 10:15am- Russell's Better Balance Workout Video RD/FR	22 10:15- L.U.C.K.Y – U Fit-Challenge FR 1:30- Soothing Muscles FR	23 10:15- <i>FUERZA!</i> FR 1:30- Better Balance FR	24 10:15- L.U.C.K.Y – U Fit-Challenge FR 1:30- Wellness Wednesday (Different Methods in Testing Body Fat %) TR	25 10:15- <i>FUERZA!</i> FR 1:30- Better Balance FR 3:00- 2021 Viera March Madness FR	26 10:15- L.U.C.K.Y – U Fit-Challenge FR 1:30- Dance Class: If I'm Lucky - Jason Derulo FR 3:00- 2021 Viera Final Four TR	27 10:15am- Russell's Full Body Workout Video RD/FR
28 10:15am- Russell's Better Balance Workout Video RD/FR	29 10:15- L.U.C.K.Y – U Fit-Challenge FR 1:30- Soothing Muscles FR	30 10:15- <i>FUERZA!</i> FR 1:30- Better Balance FR	31 10:15- L.U.C.K.Y – U Fit-Challenge FR 1:30- Wellness Wednesday (Fast/Slow Twitch Muscles) TR		TH- Theatre RD- Resident Directed FR- Fitness Room	