



# MARCH 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b><u>March Session Begins</u></b>	<b>1</b> Power Yoga 9:00-10:00am  Interval Training 6:15-7:15pm	<b>2</b> Interval Training 9:00-10:00am  PowerCore Pilates 5:15-6:00pm  20/20/20 6:15-7:15pm	<b>3</b> ZUMBA! 9:00-10:00am  PowerCore Pilates 10:00-10:45am  ZUMBA! 5:15-6:00pm  Power Yoga 6:15-7:30pm	<b>4</b> Power Yoga 9:00-10:00am  Interval Training 6:00-7:00pm	<b>5</b> 20/20/20 9:00-10:00am  ZUMBA! 5:15-6:00pm  Power Yoga 6:15-7:15pm	<b>6</b> PowerCore Pilates 9:30-10:30am
	<b>7</b> Power Yoga 8:30-9:45am	<b>8</b> Power Yoga 9:00-10:00am  Interval Training 6:15-7:15pm	<b>9</b> Interval Training 9:00-10:00am  PowerCore Pilates 5:15-6:00pm  20/20/20 6:15-7:15pm	<b>10</b> ZUMBA! 9:00-10:00am  PowerCore Pilates 10:00-10:45am  ZUMBA! 5:15-6:00pm  Power Yoga 6:15-7:30pm	<b>11</b> Power Yoga 9:00-10:00am  Interval Training 6:00-7:00pm	<b>12</b> 20/20/20 9:00-10:00am  ZUMBA! 5:15-6:00pm  Power Yoga 6:15-7:15pm
<b>14</b> Power Yoga 8:30-9:45am	<b>15</b> Power Yoga 9:00-10:00am  Interval Training 6:15-7:15pm	<b>16</b> Interval Training 9:00-10:00am  PowerCore Pilates 5:15-6:00pm  20/20/20 6:15-7:15pm	<b>17</b> ZUMBA! 9:00-10:00am  PowerCore Pilates 10:00-10:45am  ZUMBA! 5:15-6:00pm  Power Yoga 6:15-7:30pm	<b>18</b> Power Yoga 9:00-10:00am  Interval Training 6:00-7:00pm	<b>19</b> 20/20/20 9:00-10:00am  ZUMBA! 5:15-6:00pm  Power Yoga 6:15-7:15pm	<b>20</b> <b>CHARITY Step-a-Thon!</b> <b>9:00-11:00am</b> <i>Space is limited</i> <i>Register with Kristie!</i>
<b>21</b> Power Yoga 8:30-9:45am	<b>22</b> Power Yoga 9:00-10:00am  Interval Training 6:15-7:15pm	<b>23</b> Interval Training 9:00-10:00am  PowerCore Pilates 5:15-6:00pm  20/20/20 6:15-7:15pm	<b>24</b> ZUMBA! 9:00-10:00am  PowerCore Pilates 10:00-10:45am  ZUMBA! 5:15-6:00pm  Power Yoga 6:15-7:30pm	<b>25</b> Power Yoga 9:00-10:00am  Interval Training 6:00-7:00pm	<b>26</b> 20/20/20 9:00-10:00am  ZUMBA! 5:15-6:00pm  Power Yoga 6:15-7:15pm	<b>27</b> PowerCore Pilates 9:30-10:30am
<b>28</b> Power Yoga 8:30-9:45am	<b>29</b> Power Yoga 9:00-10:00am  Interval Training 6:15-7:15pm	<b>30</b> Interval Training 9:00-10:00am  PowerCore Pilates 5:15-6:00pm  20/20/20 6:15-7:15pm	<b>31</b> ZUMBA! 9:00-10:00am  PowerCore Pilates 10:00-10:45am  ZUMBA! 5:15-6:00pm  Power Yoga 6:15-7:30pm	<b>“STEP” into Spring... STEP-A-THON &amp; SILENT AUCTION Saturday, March 20<sup>th</sup> 9:00-11:00am 100% of donations go to Children’s Hospital Boston</b>		

Fee: \$13.00 for drop-ins; discounts are available for monthly registration and family registration.

~ Ask Kati about private sessions & Yoga birthday parties! ~

Schedule is subject to change; changes/cancellations are announced at class and by email.

Call Kati Mellecker @ 978.464.5717 or visit the website [www.katespowerhouse.com](http://www.katespowerhouse.com)