



MARCH 2018

CURRENT EVENTS

March 1 #BFMARCHMILES CHALLENGE

Sign up at Front Desk

March 3 SOUND HEALING

With Emiliano 10:30-Noon @ Skyway Fee Based

March 7 "ASK THE DOCTOR YOGA THERAPY"

With Dr. Paula Barros 12:30-1:30PM @ Skyway Fee Based

March 11 LONG PRACTICE

With Jon 10:00-1:00PM @ Skyway Fee Based

March 16 KID'S NIGHT OUT

St. Patty's Day Party 4:00-8:00PM @ Skyway

March 1st, 8th, 15th, 22nd **CROSSFIT GAMES!**



Ask Front Desk for more details! @ Pentz Location

