

# March

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Chair Fitness</b> 3:30-4pm	<b>Find Your Core</b> 10:30-11:15am	<b>Chair Fitness</b> 3:30-4pm	<b>Yoga 1</b> 9-10am	<b>Yoga 2</b> 6-7am
<b>Circuit Training</b> 4-5pm	<b>Chair Yoga</b> 5:30-6:15pm	<b>Circuit Training</b> 4-5pm	<b>Chair Fitness</b> 4:15-5pm	<b>Aqua-Walk</b> 10-11am
<b>Water Aerobics</b> 5:30-6:30pm		<b>Restorative Yoga</b> 5:15-6:15pm	<b>Circuit Training</b> 5:15-6:15pm	<b>Aqua Strength</b> 11-11:30am
<b>Yoga 3</b> 6-7pm				<b>Water Aerobics</b> 11:30-12:30pm

## Spring Break!

**There will be no classes  
March 23-27**

**Challenge sheets coming soon!**



\*Discount to participants in the year-long Wellness Programs.

## Prices\*

Single Class \$10

6 Class Punchcard \$40

12 Class Punchcard \$75

Monthly Membership \$50

Annual Membership \$500



@skylakeswellnesscenter

Phone: 541-880-2770

Skylakes.org/Wellness

128 South 11th St.  
Klamath Falls, OR 97601

