



MARCH 2020

DISTRICT 6 SERVICE CENTER—KOMATKE FITNESS CENTER

SUNDAY	MONDAY	TUESDDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	Elder Fitness 10AM Hudunig Yoga 5:30pm	3	Elder Fitness 10AM	AFTER WORK WORKOUT 5:30PM	6	7
8	Elder Fitness 10AM Hudunig Yoga 5:30pm	10	11	AFTER WORK WORKOUT 5:30PM	13	14
15	Elder Fitness 10AM Hudunig Yoga 5:30pm	17 Happy St. Patrick's Day!	Elder Fitness 10AM	AFTER WORK-WORKOUT 5:30PM	20	21
22	Elder Fitness 10AM Hudunig Yoga 5:30pm	24	Elder Fitness 10AM	AFTER WORK WORKOUT 5:30PM	27	28
29	Elder Fitness 10AM Hudunig Yoga 5:30pm	31 D6/D7 Volleyball Exercise 10AM	<p align="center"><u>NATIONAL NUTRITION MONTH</u></p> <p align="center"><i>ITS NEVER TOO LATE TO FEEL GREAT!</i></p>			

ONE ON ONE TRAINING SESSIONS AVAILABLE WITH FITNESS INSTRUCTOR! *SPACES ARE LIMITED!

Gym Hours:

Monday through Friday

6:00am to 9:00pm

Saturday and Sunday

6:00am to 7:00pm

Fitness Instructor only available Monday through Friday- times may vary

Phone: (520) 550-3805

CLASSES AND GYM HOURS ARE SUBJECT TO CHANGE WITHOUT NOTICE. FITNESS CENTER WILL BE CLOSED DURING FUNERAL SERVICES AND RECEPTIONS FOLLOWING