

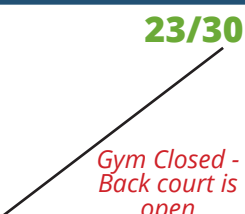


March 2025 Classes and Events

SUN	MON	TUE	WED	THURS	FRI	SAT	
<div style="background-color: #003366; color: white; padding: 10px; border-radius: 15px; text-align: center;"> Hours: Monday-Thursday: 5 AM-9 PM Friday: 5 AM-8 PM Saturday and Sunday: 7 AM-7 PM </div>							1
2	3	4	5	6	7	8	
<i>Gym Closed</i>	Minute to Win the Day 5:15-6:00 am Full Body Strength 8:15-9:00 am Silver Sneakers 9:15-10:15 am	Spin 5:15-6:00 am Get Fit Tuesdays 9:30-10:30 am	Sweat On Demand 5:15-6:15 am Full Body Strength 8:15-9:00 am Silver Sneakers 9:15-10:15 am	Total Body Blast 5:15-6:15 am Get Fit Thursdays 9:30-10:30 am	Full Body Strength 8:15-9:00 am	<i>Gym Closed</i>	
9	10	11	12	13	14	15	
	Minute to Win the Day 5:15-6:00 am Full Body Strength 8:15-9:00 am Silver Sneakers 9:15-10:15 am	Spin 5:15-6:00 am Get Fit Tuesdays 9:30-10:30 am	Sweat On Demand 5:15-6:15 am Full Body Strength 8:15-9:00 am Silver Sneakers 9:15-10:15 am	Total Body Blast 5:15-6:15 am Get Fit Thursdays 9:30-10:30 am	Full Body Strength 8:15-9:00 am	<i>Gym Closed</i>	
16	17	18	19	20	21	22	
	Minute to Win the Day 5:15-6:00 am Full Body Strength 8:15-9:00 am Silver Sneakers 9:15-10:15 am	Spin 5:15-6:00 am Get Fit Tuesdays 9:30-10:30 am Euchre 1:00-3:00 pm	Sweat On Demand 5:15-6:15 am Full Body Strength 8:15-9:00 am Silver Sneakers 9:15-10:15 am	Total Body Blast 5:15-6:15 am Get Fit Thursdays 9:30-10:30 am	Full Body Strength 8:15-9:00 am	<i>Gym Closed</i>	
23/30	24/31	25	26	27	28	29	
 <i>Gym Closed - Back court is open</i>	Minute to Win the Day 5:15-6:00 am Full Body Strength 8:15-9:00 am Silver Sneakers 9:15-10:15 am	Spin 5:15-6:00 am Get Fit Tuesdays 9:30-10:30 am	Sweat On Demand 5:15-6:15 am Full Body Strength 8:15-9:00 am Silver Sneakers 9:15-10:15 am	Total Body Blast 5:15-6:15 am Get Fit Thursdays 9:30-10:30 am	Full Body Strength 8:15-9:00 am	Nerf Gun Wars 7:00 - 8:00 pm <i>Gym Closed - Back court is open</i>	

Check for Pop Up classes throughout the month!

Class instruction may change without notice. Cancellations will be noted via social media, as soon as possible.



563-556-8751 | 7896 Burds Rd #9646, Peosta, IA 52068 | www.cityofpeosta.org/community-centre

Notable Dates

- National Nutrition Month
- 8th International Women's Day
- 17th St. Patrick's Day
- 19th-Apr 7th March Madness
- 20th First Day of Spring
- 20th Baseball Season Starts

Notable Hours and Closings

- Gym Closed - Sunday, March 2nd
- Gym Closed - Saturday, March 8th
- Gym Closed - Saturday, March 15th
- Gym Closed - Saturday, March 22nd
- Gym Closed - Saturday, March 29th - Back court will be open
- Gym Closed - Sunday, March 30th - Back court will be open

Notable Events and Schedules

- 18th - Euchre in PCC Meeting Room, 1:00 - 3:00 pm
- 29th - Nerf Wars, 7:00-8:00 pm

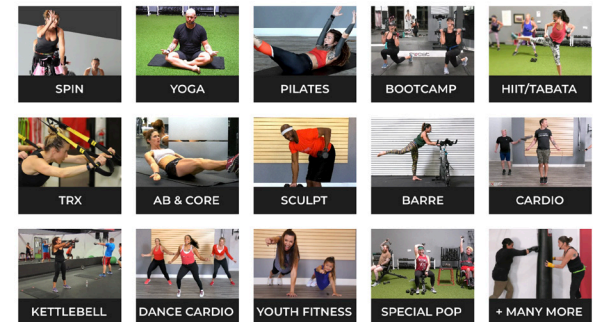


Fitness Class Announcements

We are asking all members to bring their own mats to our fitness classes.

We are also requiring sign up for the classes that are * starred. There are limited spaces available so you must enroll to reserve your spot:

- Registration will be open all month
- Enrollment for * classes can be done online or at the front desk.
- We ask that if you are unable to attend you let us know so we can add people from the waiting list.



Try Our New Online Classes!

Studio Sweat OnDemand is available in the fitness room and the spin room. Instructions can be found next to the TV in each room.