

# MARCH 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Knit N' Fit 11:15am	2 CPR 6-10pm	3 4 <b>MARK YOUR CALENDAR NEW DATE Health Fair April 10th</b>		5	6 Handball Tournament
7 Handball Tournament <i>Cafe' Special Red Bull Shots 1/2 price</i>	8 Knit N' Fit 11:15am <b>Beyond Bars</b> Free Samples at the Cafe' 10am-noon	9	10 Free Samples of Wine at the Cafe" 6pm	11 \$2 Drafts at the Cafe' 6-8pm	12 Kid's Night Out 6:30-9:30pm	13
14 Daylight Savings Time <i>Spring Ahead</i> <b>Cafe' Special Red Bull Shots 1/2 price</b>	15 Knit N' Fit 11:15am	16	17 <b>Happy St. Patrick's Day</b>  <i>NEW SHAKE at the Cafe' Green Machine</i> Giveaway at the Front Desk	18	19	20 <i>Spring Begins</i>
21 <b>Cafe' Special Red Bull Shots 1/2 price</b>	22 Knit N' Fit 11:15am	23	24 Free Samples of Wine at the Cafe" 6pm	25 \$2 Drafts at the Cafe' 6-8pm	26 AFAA Personal Training Certification	27 AFAA Personal Training Certification
28 Palm Sunday <b>Cafe' Special Red Bull Shots 1/2 price</b> AFAA PT Certification	29 Knit N' Fit 11:15am Spring Vacation Day Camp	30 Spring Vacation Day Camp	31 Spring Vacation Day Camp	<b>AFAA Personal Training Certification:</b> A three-day workshop including lectures, practical demonstrations and written and practical exams. <b>Biggest Mover Contest:</b> Free contest, runs thru 3/31, weekly prizes will be awarded. See flyers for details. <b>Kid's Night Out:</b> Drop you child off with a swimsuit, towel and sneakers and enjoy a night out. <b>Knit N' Fit:</b> Free knitting/ crocheting club open to members, drop ins welcome. <b>Spring Vacation Day Camp:</b> 8am-5pm camp offered when kids are off from school.		