

# March

## 2018

Check out what's happening at [Bodies for Birth](#) this month!

★ Star denotes first class in series!

Please use links below to learn more and register for classes using your [MindBody](#) account.

For your free Mom & Baby Gym class, please e-mail [maura@bodiesforbirth.com](mailto:maura@bodiesforbirth.com)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				11 AM-1 PM Mom & Baby Gym 6 PM: Return to Fitness 7 PM Signature Group Training	6-7:30 PM <a href="#">Dancing for Birth</a>	9 AM Signature Group Training ★ 10 AM Signature Group Training ★ 11 AM Return to Fitness <i>REIKI Level 1 Training: 1-5 PM</i>
4	5	6	7	8	9	10
9 AM: Signature Group Training	11 AM-1 PM Mom & Baby Gym	6 PM: Signature Group Training ★	9 AM: Signature Group Training ★ 11 AM-1 PM Mom & Baby Gym 6 PM Midwifery Workshop with Ground Floor Health (Free Workshop)	11 AM-1 PM Mom & Baby Gym 6 PM: Return to Fitness 7 PM Signature Group Training ★	6-7:30 PM <a href="#">Dancing for Birth</a>	9 AM: Signature Group Training 10 AM: Signature Group Training 11 AM: Return to Fitness ★ <i>REIKI Level 1 Training: 1-5 PM</i>
11	12	13	14	15	16	17
9 AM: Signature Group Training	9 AM: Signature Group Training ★ 11 AM-1 PM Mom & Baby Gym	11 AM: <i>Welcome to Your Post-baby Body (Free Workshop)</i> 6 PM: Signature Group Training	9 AM: Signature Group Training 11 AM-1 PM Mom & Baby Gym	11 AM-1 PM Mom & Baby Gym 6 PM: Return to Fitness 7 PM Signature Group Training	6-7:30 PM <a href="#">Dancing for Birth</a>	9 AM: Signature Group Training 10 AM: Signature Group Training 11 AM: Return to Fitness
18	19	20	21	22	23	24

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9 AM: Signature Group Training 11 AM-1 PM Mom & Baby Gym	6 PM: Signature Group Training	9 AM: Signature Group Training 11 AM-1 PM Mom & Baby Gym	11 AM-1 PM Mom & Baby Gym 6 PM: Return to Fitness 7 PM Signature Group Training	6-7:30 PM Dancing for Birth	9 AM: Signature Group Training 10 AM: Signature Group Training 11 AM: Return to Fitness
25	26	27	28	29	30	31
	9 AM: Signature Group Training 11 AM-1 PM Mom & Baby Gym	6 PM: Signature Group Training	9 AM: Signature Group Training 11 AM-1 PM Mom & Baby Gym	11 AM-1 PM Mom & Baby Gym 6 PM: Return to Fitness 7 PM Signature Group Training	6-7:30 PM Dancing for Birth	<b>HOLIDAY WEEKEND CLOSURE: NO SERVICES</b>