

**March 2010**

Monday	March 1	Fitness Center
<del>Wednesday</del>	<del>March 3</del>	Late Start Day (Off Day)
Friday	March 5	Fitness Center
Monday	March 8	Fitness Center
Wednesday	March 10	Fitness Center
Friday	March 12	Fitness Center
Monday	March 15	Open Gym - Fieldhouse
Wednesday	March 17	Fitness Center
Friday	March 19	Fitness Center
Monday	March 22	Fitness Center
Wednesday	March 24*	Open Gym - Fieldhouse

*\*Spring Break begins Friday, March 26<sup>th</sup>. There will not be strength and conditioning on this date.*