Blood Screening (Appointment Required)
• Dates: Wednesday, March 18
• Time: 7:15—8:15 am
• Call (828) 262-6314 to schedule an appointment.
Visit our website for a complete list of screenings

Social Dance Class (Partner Necessary)
An instructional dance class for couples featuring a new dance each class
• Dates: Every Wednesday, beginning March 18 through April 29 (six weeks)
• Time: 7:15—8:30 pm
• Price: $60 per couple

Tom Moore 5K
• Date: Saturday, April 11
• Time: 9:00 am RAIN/SHINE
• Location: Boone Greenway Trail
• Price: $20 on or before Wednesday, April 8 ($25 day of event).
For more details, visit 5k.appstate.edu

Spring Break Operating Hours
• Monday, March 9—Friday, March 13
• 10:00 am to 2:00 pm ONLY!
• No exercise classes will be held during this week.