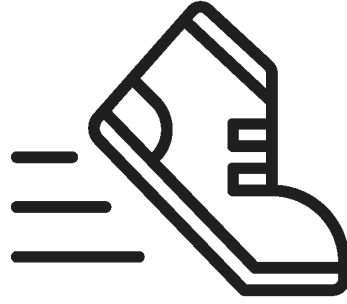


MARCH A MARATHON



2023

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
WEEK 1				1	Run Club 2 3:00 PM <i>Meet at Kresge Lawn</i>	3	Virtual HIIT 4 9:00am - 9:45am	TOTALS
WEEK 2	5	6	Couch to 5k Seminar 7 5:00 PM <i>VIA ZOOM</i>	Lunch & Learn: Intro to Fitness Program Design 8	Run Club 9 3:00 PM <i>Meet at Kresge Lawn</i>	10	11	TOTALS
WEEK 3	12	13	Hip Health and Mobility for Runners 14 2:00 PM <i>MAC Court</i>	15	Run Club 16 3:00 PM <i>Meet at Kresge Lawn</i>	17	18	TOTALS
WEEK 4	19	Virtual Barre 20 6:00pm - 6:45pm	21	22	Run Club 23 3:00 PM <i>Meet at Kresge Lawn</i>	24	25	TOTALS
WEEK 5	26	27	28	29	Run Club 30 3:00 PM <i>Meet at Kresge Lawn</i>	Virtual Wake Up & Stretch 31 7:30am - 8:00am		TOTALS