

# March

Click the Saturday class to pre-register.

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## 2023

GET FREE ACCESS TO EVERY SATURDAY LIVE (A LIMITED MEMBER OFFERING), PLUS REPLAYS, A LIBRARY OF WORKOUTS, EVERY WORKOUT PROGRAM & BIBLE STUDY, + MORE AS A VIP KEOLA® FIT & FIERY CLUB MEMBER. [START YOUR FREE TRIAL](#)

Sunday	Monday*	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Group Instructor Training begins March 27th: <a href="#">Learn More</a></p> <p>Save \$300 or sign up with a friend for 50% off!</p>		<p>1</p> <p>Featured Program: <a href="#">21 Days to Trim the Fat in Body &amp; Soul</a> (continued)</p>	<p>2</p>	<p>3</p>	<p>4</p> <p><a href="#">45 Min LIVE virtual Restorative Core Strength \$10 @ 9am EST (mat)</a></p> <p>Trim Chat after ~10am</p>
<p>5</p>	<p>6</p> <p>#59 <a href="#">10 Min Standing Abs</a></p> <p><a href="#">Instructor Only Q&amp;A 9am EST</a></p>	<p>7</p>	<p>8</p>	<p>9</p>	<p>10</p>	<p>11</p> <p><a href="#">45 Min LIVE virtual Restorative Core Strength \$10 @ 9am EST (mat)</a></p> <p>Trim Chat after ~10am</p>
<p>12</p>	<p>13</p> <p>#60 <a href="#">15 Min Work-friendly Chair Stretch</a></p> <p><a href="#">Instructor Only coffee: 8am EST</a></p>	<p>14</p>	<p>15</p>	<p>16</p>	<p>17</p>	<p>18</p> <p><a href="#">45 Min LIVE virtual Restorative Core Strength \$10 @ 9am EST</a></p>
<p>19</p>	<p>20</p> <p>#61 <a href="#">30 Min Advanced Core &amp; Mobility on the Mat</a></p> <p><a href="#">Instructor Only devo: 8am EST</a></p>	<p>21</p>	<p>22</p> <p><i>In Person Class at Neighborly Books in Maryville:</i> <a href="mailto:alli@keolafit.com">alli@keolafit.com</a> for details</p>	<p>23</p>	<p>24</p> <p><i>In Person tentative SAT 3/25 at Olympia Gym in Maryville →</i> <a href="mailto:alli@keolafit.com">alli@keolafit.com</a> for details</p>	<p>25</p> <p><a href="#">45 Min LIVE virtual Restorative Core Strength \$10 @ 9am EST (mat)</a></p>
<p>26</p> <p>Online Group Instructor Training Begins tomorrow!!</p>	<p>27</p> <p>#62 <a href="#">3 Min for Every 30: Work Place Wellness</a></p> <p>Keola Community Zoom Coffee: 8am EST/7am CST</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p> <p>Online Group Instructor Training Q&amp;A at 9am EST</p>	<p><b>Heads Up:</b> Earlier time for April 1<sup>st</sup> Virtual: 8am EST</p>

\*NOTE: Monday listings are the newest *pre-recorded* workouts being uploaded to the [Free Weekly Workout Resource](#). If you haven't already, click any Monday workout to sign up for the Free Weekly Workouts and receive a growing library of workouts as they unlock on a weekly timetable based on your sign up date. *Unlock them all immediately* as they post through this [Weekly Workout Upgrade resource](#). NOTE: This upgrade resource is another included product in the [Keola® Fit & Fiery Club](#), both the basic and VIP memberships.