



Health & Wellness

March

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|--|
|  | | 1 | 2 | 3 |
| | | 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga | 8:30am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 2:30pm Beginning Line Dancing 4:00pm Restorative Yoga 5:30pm Zumba | 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength* |
| 6 | 7 | 8 | 9 | 10 |
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| 20 | 21 | 22 | 23 | 24 |
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