



# March Health and Fitness



| Monday  | Tuesday   | Wednesday   | Thursday   | Friday  |
|---|---|---|--|---|
| <p><b>2</b></p> <p>8:30a Easy Pace (Renee)<br/>10:00a Adv. Line Dancing (Renee)<br/>11:00a Active Aging Strength (Maryann)<br/>12:15p Balance &amp; Strength* (Sandra)<br/>1:30p Balance &amp; Strength* (Sandra)<br/>4:00p Yoga (Tania)<br/>5:30p Beginning from Scratch Clogging<br/>6:30p Clogging (Lorraine)</p>                        | <p><b>3</b></p> <p>9:30a Zumba Gold (Adaia)<br/>10:30a DrumFit (Diana)<br/>1:00p Beg. Line Dancing (Dottie)<br/>2:30p Pilates (Meleah)<br/>3:45p Active Aging Strength (Maryann)<br/>5:30p Zumba (Sandra)</p>             | <p><b>4</b></p> <p>9:00a Zumba Gold Toning (Adaia)<br/>10:00a Active Aging Strength (Sissy)<br/>11:15a Balance &amp; Strength* (Sandra)<br/>12:30p Balance &amp; Strength* (Sandra)<br/>2:30p Int. Line Dancing (Dottie)<br/>3:45p Mindful Flow &amp; Core (Diana)</p>  | <p><b>5</b></p> <p>8:30a Easy Pace (Renee)<br/>9:30a Zumba Gold (Adaia)<br/>10:45a Chair Yoga (Sandra)<br/>12:00p Balance &amp; Strength* (Sandra)<br/>2:30p Pilates (Meleah)<br/>4:00p Restorative Yoga (Myrna)<br/>5:30p Zumba (Sandra)</p>  | <p><b>6</b></p> <p>8:15a Self-Defense (Diana)<br/>9:30a Posture Strength (MaryAnn)<br/>11:00a Balance &amp; Strength* (Sandra)<br/>12:15p Balance &amp; Strength* (Sandra)</p>  |
| <p><b>9</b></p> <p>8:30a Easy Pace (Renee)<br/>10:00a Adv. Line Dancing (Renee)<br/>11:00a Active Aging Strength (Maryann)<br/>12:15p Balance &amp; Strength* (Sandra)<br/>1:30p Balance &amp; Strength* (Sandra)<br/>4:00p Yoga (Tania)<br/>5:30p Beginning from Scratch Clogging<br/>6:30p Clogging (Lorraine)</p>                        | <p><b>10</b></p> <p>9:30a Zumba Gold (Adaia)<br/>10:30a DrumFit (Diana)<br/>1:00p Beg. Line Dancing (Dottie)<br/>2:30p Pilates (Meleah)<br/>3:45p Active Aging Strength (Maryann)<br/>5:30p Zumba (Sandra)</p>            | <p><b>11</b></p> <p>9:00a Zumba Gold Toning (Adaia)<br/>10:00a Active Aging Strength (Sissy)<br/>11:15a Balance &amp; Strength* (Sandra)<br/>12:30p Balance &amp; Strength* (Sandra)<br/>2:30p Int. Line Dancing (Dottie)<br/>3:45p Mindful Flow &amp; Core (Diana)</p> | <p><b>12</b></p> <p>8:30a Easy Pace (Renee)<br/>9:30a Zumba Gold (Adaia)<br/>10:45a Chair Yoga (Sandra)<br/>12:00p Balance &amp; Strength* (Sandra)<br/>2:30p Pilates (Meleah)<br/>4:00p Restorative Yoga (Myrna)<br/>5:30p Zumba (Sandra)</p> | <p><b>13</b></p> <p>8:15a Self-Defense (Diana)<br/>9:30a Posture Strength (MaryAnn)<br/>11:00a Balance &amp; Strength* (Sandra)<br/>12:15p Balance &amp; Strength* (Sandra)</p> |
| <p><b>16</b></p> <p>8:30a Easy Pace (Renee)<br/>10:00a Adv. Line Dancing (Renee)<br/>11:00a Active Aging Strength (Maryann)<br/>12:15p Balance &amp; Strength* (Sandra)<br/>1:30p Balance &amp; Strength* (Sandra)<br/>4:00p Yoga (Tania)<br/><del>5:30p Beginning from Scratch Clogging</del><br/><del>6:30p Clogging (Lorraine)</del></p> | <p><b>17</b></p> <p>9:30a Zumba Gold (Adaia)<br/>10:30a DrumFit (Diana)<br/>1:00p Beg. Line Dancing (Dottie)<br/>2:30p Pilates (Meleah)<br/>3:45p Active Aging Strength (Maryann)<br/>5:30p Zumba (Sandra)</p>            | <p><b>18</b></p> <p>9:00a Zumba Gold Toning (Adaia)<br/>10:00a Active Aging Strength (Sissy)<br/>11:15a Balance &amp; Strength* (Sandra)<br/>12:30p Balance &amp; Strength* (Sandra)<br/>2:30p Int. Line Dancing (Dottie)<br/>3:45p Mindful Flow &amp; Core (Diana)</p> | <p><b>19</b></p> <p>8:30a Easy Pace (Renee)<br/>9:30a Zumba Gold (Adaia)<br/>10:45a Chair Yoga (Sandra)<br/>12:00p Balance &amp; Strength* (Sandra)<br/>2:30p Pilates (Meleah)<br/>4:00p Restorative Yoga (Myrna)<br/>5:30p Zumba (Sandra)</p> | <p><b>20</b></p> <p>8:15a Self-Defense (Diana)<br/>9:30a Posture Strength (MaryAnn)<br/>11:00a Balance &amp; Strength* (Sandra)<br/>12:15p Balance &amp; Strength* (Sandra)</p> |
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| <p><b>30</b></p> <p>8:30a Easy Pace (Renee)<br/>10:00a Adv. Line Dancing (Renee)<br/>11:00a Active Aging Strength (Maryann)<br/>12:15p Balance &amp; Strength* (Sandra)<br/>1:30p Balance &amp; Strength* (Sandra)<br/>4:00p Yoga (Tania)<br/>5:30p Beginning from Scratch Clogging<br/>6:30p Clogging (Lorraine)</p>                       | <p><b>31</b></p> <p>9:30a Zumba Gold (Adaia)<br/>10:30a DrumFit (Diana)<br/>1:00p Beg. Line Dancing (Dottie)<br/>2:30p Pilates (Meleah)<br/>3:45p Active Aging Strength (Maryann)<br/><del>5:30p Zumba (Sandra)</del></p> |   |  |   |