



Sēb's Recreation Center
Calendar of Events and Activities
MARCH 2020

1710 S Buckley Rd. Unit 9--Aurora, CO 80017--www.sebsrec.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 CLOSED	2 Total Fit 9-10a Bodyweight Fit 6-7p Walk-In Massage Therapy 8a-12p (additional charge)	3 EZ Fit 10-10:30a Chair Fitness 10:30-11a Walk-In Massage Therapy 8a-12p	4 Total Fit 9-10a H.I.I.T. 6-7p Arts & Crafts- 6-7p	5 EZ Fit 10-10:30a Chair Fitness 10:30-11a Video Tai Chi 11a-12p Music 6-6:45 Walk-In Massage Therapy 8a-12p Crochet 5-6p	6 Total Fit 9-10a CLOSE AT 5:00pm Crochet 11-12p <i>FIRST FRIDAY A Fundtastic Evening 6-10pm</i>	7 Music Movement 10-11a No classes due to continuing education
8 CLOSED	9 Total Fit 9-10a Bodyweight Fit 6-7p Walk-In Massage Therapy 8a-12p (additional charge)	10 EZ Fit 10-10:30a Chair Fitness 10:30-11a Walk-In Massage Therapy 8a-12p	11 Total Fit 9-10a H.I.I.T. 6-7p Arts & Crafts- 6-7p	12 EZ Fit 10-10:30a Chair Fitness 10:30-11a Video Tai Chi 11a-12p Music 6-6:45 Walk-In Massage Therapy 8a-12p Crochet 5-6p	13 Total Fit 9-10a Crochet 11-12p	14 Music Movement 10-11a Flexibility 11a-11:30a Balance Your Way 11:30a-12p
15 CLOSED	16 Total Fit 9-10a Bodyweight Fit 6-7p Walk-In Massage Therapy 8a-12p (additional charge)	17 EZ Fit 10-10:30a Chair Fitness 10:30-11a Walk-In Massage Therapy 8a-12p	18 Total Fit 9-10a H.I.I.T. 6-7p Arts & Crafts 6-7p	19 EZ Fit 10-10:30a Chair Fitness 10:30-11a Tai Chi 11a-12p Music 6-6:45 Walk-In Massage Therapy 8a-12p Crochet 5-6p	20 Total Fit 9-10a Crochet 11-12p	21 Breakfast 8:30-9:30a Music Movement 10-11a Flexibility 11a-11:30a Balance Your Way 11:30a-12p
22 CLOSED	23 Total Fit 9-10a Bodyweight Fit 6-7p Walk-In Massage Therapy 8a-12p (additional charge)	24 EZ Fit 10-10:30a Chair Fitness 10:30-11a Walk-In Massage Therapy 8a-12p	25 Total Fit 9-10a H.I.I.T. 6-7p Arts & Crafts 6-7p	26 EZ Fit 10-10:30a Chair Fitness 10:30-11a Video Tai Chi 11a-12p Music 6-6:45 Walk-In Massage Therapy 8a-12p Crochet 5-6p	27 Total Fit 9-10a Crochet 11-12	28 Music Movement 10-11a Flexibility 11a-11:30a Balance Your Way 11:30a-12P Monthly meeting 12:30p
29 CLOSED	30 Total Fit 9-10a Bodyweight Fit 6-7p Walk-In Massage Therapy 8a-12p (additional charge)	31 EZ Fit 10-10:30a Chair Fitness 10:30-11a Walk-In Massage Therapy 8a-12p				Note: <i>Walk in massage therapy music classes personal training is an additional charge</i>

Hours of Operation:

Monday-Friday 8am-8pm ~ Saturday 8am-5pm ~ Sunday CLOSED