

March 2026 Fitness

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30am Yoga w/Demet 1	9am Mat Pilates w/Demet 10am Aqua Fitness 2	10am Aqua Fitness 3	10am Aqua Fitness 4	9am-Light Weights w/Demet 10am Aqua Fitness 5	9:30am Yoga w/Demet 10am Aqua Zumba w/Karen 6	7
8:30am Yoga w/Demet 8	9am Mat Pilates w/Demet 10am Aqua Fitness 9	10am Aqua Fitness 10	10am Aqua Fitness 11	9am-Light Weights w/Demet 10am Aqua Fitness 12	9:30am Yoga w/Demet 10am Aqua Zumba w/Karen 13	14
8:30am Yoga w/Demet 15	9am Mat Pilates w/Demet 10am Aqua Fitness 16	10am Aqua Fitness 17	18	10am Aqua Fitness 19	10am Aqua Zumba w/ Karen 20	21
22	10am Aqua Fitness 23	10am Aqua Fitness 24	10am Aqua Fitness 25	10am Aqua Fitness 26	10am Aqua Zumba w/Karen 27	28
29	10am Aqua Fitness 30	10am Aqua Fitness 31	1	2	3	4
5	6	Notes BLUE: FITNESS	All dates, times & locations of activities & events listed are subject to change without notice			