



March 2023



Mon

Tue

Wed

Thu

Fri

		1	2	3
		7:45-8:45 Fitness 4 Life 8:00 COAR 9:15-10:20 Power Cut Plus 10:35-11:35 Silver Sneakers 1:00-3:00 Pickleball 5:30-6:30 Dance Fitness	9:00-10:00 Pumped up (Virtual) 9:15-10:20 PiYo 10:00-11:30 Line Dancing 10:35-11:35 Silver Sneakers Yoga 12:00 Chair Yoga 1:00-2:00 Bingo 4:00-5:45 Art Explorers 6:00-7:00 Beg. Kendo	7:45-8:45 Zumba Gold 9:15-10:20 Cardio Kickboxing 1:00-3:00 Pickleball
6 7:45-8:45 Fitness 4 Life 9:15-10:20 Power Cut Plus 10:35-11:35 Silver Sneakers 1:00-3:00 Pickleball 5:30-6:30 Zumba Toning	7 7:45-8:45 Zumba 9:00-10:00 Pumped Up (Virtual) 9:15-10:20 Balance & Core 10:35-11:35 Zumba Gold 12:00 Chair Yoga 1:30-3:00 Line Dancing 4:00-5:00 Kid Cuisine	8 7:45-8:45 Fitness 4 Life 8:00 COAR 9:15-10:20 Power Cut Plus 10:35-11:35 Silver Sneakers 1:00-3:00 Pickleball 5:30-6:30 Dance Fitness	9 9:00-10:00 Pumped up (Virtual) 9:15-10:20 PiYo 10:00-11:30 Line Dancing 10:35-11:35 Silver Sneakers Yoga 12:00 Chair Yoga 1:00-2:00 Bingo 4:00-5:45 Art Explorers 6:00-7:00 Beg. Kendo	10 7:45-8:45 Zumba Gold 9:00-3:00 Feet Retreat 9:15-10:20 Cardio Kickboxing 12:00 Lindy Gravelle Music 1:00-3:00 Pickleball
13 7:45-8:45 Fitness 4 Life 9:15-10:20 Power Cut Plus 10:35-11:35 Silver Sneakers 1:00-Heart Warmers 1:00-3:00 Pickleball 5:30-6:30 Zumba Toning	14 7:45-8:45 Zumba 9:00-10:00 Pumped up (Virtual) 9:15-10:20 Balance & Core 10:35-11:35 Zumba Gold 12:00 Chair Yoga 1:30-3:00 Line Dancing 4:00-5:00 Kid Cuisine 6:00-8:00 Advanced Kendo	15 7:45-8:45 Fitness 4 Life 8:00 COAR 9:00-3:00 Feet Retreat 9:15-10:20 Power Cut Plus 10:35-11:35 Silver Sneakers 12:00 Veterans Lunch 1:00-3:00 Pickleball 5:30-6:30 Dance Fitness	16 9:00-10:00 Pumped up (Virtual) 9:15-10:20 PiYo 10:00-11:30 Line Dancing 10:35-11:35 Silver Sneakers Yoga 12:00 Chair Yoga 1:00-2:00 Bingo 4:00-5:45 Art Explorers 6:00-7:00 Beg. Kendo	17 7:45-8:45 Zumba Gold 9:15-10:20 Cardio Kickboxing 12:00 March Birthday 's *St. Paddy's Day Lunch 1:00-3:00 Pickleball
20 7:45-8:45 Fitness 4 Life 9:15-10:20 Power Cut Plus 10:35-11:35 Silver Sneakers 1:00-3:00 Pickleball 5:30-6:30 Zumba Toning	21 7:45-8:45 Zumba 9:00-10:00 Pumped Up (Virtual) 9:15-10:20 Balance & Core 10:35-11:35 Zumba Gold 12:00 Chair Yoga 1:30-3:00 Line Dancing 4:00-5:00 Kid Cuisine 6:00-8:00 Advanced Kendo	22 7:45-8:45 Fitness 4 Life 8:00 COAR 9:15-10:20 Power Cut Plus 10:35-11:35 Silver sneakers 1:00-3:00 Pickleball 5:30-6:30 Dance Fitness	23 9:00-10:00 Pumped up (Virtual) 9:15-10:20 PiYo 10:00-11:30 Line Dancing 10:35-11:35 Silver sneakers Yoga 12:00 Chair Yoga 1:00-2:00 Bingo 4:00-5:45 Art Explorers 6:00-7:00 Beg. Kendo	24 7:45-8:45 Zumba Gold 9:15-10:20 Cardio Kickboxing 1:00-3:00 Pickleball
27 7:45-8:45 Fitness 4 Life 9:15-10:20 Power Cut Plus 10:35-11:35 Silver Sneakers 1:00-3:00 Pickleball 1:00- Heart Warmers 5:30-6:30 Zumba Toning	28 7:45-8:45 Zumba 9:00-10:00 Pumped Up (Virtual) 9:15-10:20 Balance & Core 10:35-11:35 Zumba Gold 12:00 Chair Yoga 1:30-3:00 Line Dancing 4:00-5:00 Kid Cuisine 6:00-8:00 Advanced Kendo	29 7:45-8:45 Fitness 4 Life 8:00 COAR 9:15-10:20 Power Cut Plus 10:35-11:35 Silver Sneakers 1:00-3:00 Pickleball 5:30-6:30 Dance Fitness	30 9:00-10:00 Pumped up (Virtual) 9:15-10:20 PiYo 10:00-11:30 Line Dancing 10:35-11:35 Silver Sneakers Yoga 12:00 Chair Yoga 1:00-2:00 Bingo 4:00-5:45 Art Explorers 6:00-7:00 Beg. Kendo	31 7:45-8:45 Zumba Gold 9:15-10:20 Cardio Kickboxing 1:00-3:00 Pickleball

