








March 2026

Exercise

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
1 	2 9:15 – T'ai Chi 10:30 – Healthy	3 9:15 -Senior Fitness 10:30 – Chair Yoga	4 9:15- T'ai Chi 1030 – Line Dancing	5 9:15 – Chair Yoga 10:30 - Jazzercise	6 9:15 – T'ai Chi 10:30 – Grand Dancing	7 
8	9 9:15 – T'ai Chi 10:30 – Healthy	10 9:15 -Senior Fitness 10:30 – Chair Yoga	11 9:15- T'ai Chi 1030 – Line Dancing	12 9:15 – Chair Yoga 10:30 - Jazzercise	13 9:15 – T'ai Chi 10:30 – Grand Dancing	14
15 	16 9:15 – T'ai Chi 10:30 – Healthy	17 9:15 -Senior Fitness 10:30 – Chair Yoga	18 9:15- T'ai Chi 1030 – Line Dancing	19 9:15 – Chair Yoga 10:30 - Jazzercise	20 9:15 – T'ai Chi 10:30 – Grand Dancing	21 
22	23 9:15 – T'ai Chi 10:30 – Healthy	24 9:15 -Senior Fitness 10:30 – Chair Yoga	25 9:15- T'ai Chi 1030 – Line Dancing	26 9:15 – Chair Yoga 10:30 - Jazzercise	27 9:15 – T'ai Chi 10:30 – Grand Dancing	28
29 	30 9:15 – T'ai Chi 10:30 – Healthy	31 9:15 -Senior Fitness 10:30 – Chair Yoga				