






MARCH 2018 – Wellness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Gym Open Daily 8:30am – 4:15pm Must have Medicals on file & been trained by Liz. Wear Sneakers & Proper attire</p>		<p><u>NEW THIS MONTH!!!</u> <u>POUND FITNESS,</u> <u>TAI CHI & YOGASIZE</u> <u>SIGN UP NOW!!!</u></p>	<p>1</p> <p>8:30 – 4:15 PING PONG 9:15 \$ TAI CHI NEW SESSION 10:30 \$ YOGA 12:30 \$ POUND NEW SESSION 1:45 \$ GET FIT</p>	<p>2</p> <p>8:30-4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:15 \$ YOGASIZE NEW SESSION</p> 
<p>9:15 \$ ADVANCED FITNESS 5 10:15 \$ INTER/BEG FITNESS 10:00-12:00-PERSONAL TRAINING, Weight Rm 11:15 \$ SITTERSIZE 12:30 PHC LECTURE- STROKE  12:30 BODY GYM NEW SESSION 1:30 – 4:15 PING PONG 1:45 \$ B.E.S.T</p>	<p>8:30-4:15 PING PONG  6 9:15 \$ PILATES NEW SESSION 10:30 \$ CHAIR YOGA NEW SESSION 12:30 \$ AGELESS GRACE 1:30 \$ TAP DANCE NEW SESSION 2:45-4:15 BADMINTON</p>	<p>7</p> <p>8:30-4:30 PING PONG 9:15 VIDEO FITNESS 10:30 NOW & ZEN NEW SESSSION 12:30 \$ SCULPTING W/ WEIGHTS NEW SESSION  1:45-4:15 BADMINTON</p>	<p>8</p> <p>8:30 – 4:15 PING PONG 9:15 \$ TAI CHI 10:30 \$ YOGA NEW SESSION 12:30 \$ POUND 1:45 \$ GET FIT NEW SESSION</p>	<p>9</p> <p>8:30-4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:15 \$ YOGASIZE 1:15 \$ ZUMBA NEW SESSION</p>
<p>12</p> <p>8:30-4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:30 BODY GYM 1:45 \$ B.E.S.T</p>	<p>8:30-4:15 PING PONG  13 9:15 \$ PILATES 10:30 \$ CHAIR YOGA 12:30 \$ AGELESS GRACE 1:30 \$ TAP DANCE 2:45-4:15 BADMINTON</p>	<p>14</p> <p>8:30-4:15 PING PONG 9:15 VIDEO FITNESS 10:30 NOW & ZEN 12:30 \$ SCULPTING W/ WEIGHTS 1:45-4:15 BADMINTON</p>	<p>15</p> <p>8:30 – 4:15 PING PONG 9:15 \$ TAI CHI 10:30 \$ YOGA 12:30 \$ POUND 1:45 \$ GET FIT</p>	<p>16</p> <p>8:30-4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:15 \$ YOGASIZE 1:15 \$ ZUMBA</p> 
<p>19</p> <p>8:30-4:15 PING PONG 9:15 \$ ADVANCED FITNESS  10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 11:30-1:30-PERSONAL TRAINING, Weight Rm 12:30 BODY GYM 1:45 \$ B.E.S.T</p>	<p>9:15 \$ PILATES 20 10:00-12:00 PHC- BLOOD PRESSURE 10:30 \$ CHAIR YOGA 12:00-4:30 PING PONG 12:30 \$ AGELESS GRACE NEW SESSION 1:30 \$ TAP DANCE 2:45-4:15 BADMINTON</p>	<p>21</p> <p>8:30-4:15 PING PONG 9:15 VIDEO FITNESS 10:30 NOW & ZEN  12:30 \$ SCULPTING W/ WEIGHTS 1:45-4:15 BADMINTON</p>	<p>22</p> <p>8:30 – 4:15 PING PONG 9:15 \$ TAI CHI 10:30 \$ YOGA 12:30 \$ POUND 1:45 \$ GET FIT</p>	<p>23</p> <p>8:30-4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERCIZE 12:15 \$ YOGASIZE 1:15 \$ ZUMBA</p>
<p>26</p> <p>8:30-4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:30 BODY GYM 1:45 \$ B.E.S.T</p>	<p>8:30-4:30 PING PONG 27 9:15 \$ PILATES 10:30 \$ NO CHAIR YOGA 12:30 \$ AGELESS GRACE  1:30 \$ TAP DANCE  2:45-4:15 BADMINTON</p>	<p>28</p> <p>LIVE FITNESS</p> <p>8:30-4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 10:30 NO NOW & ZEN 11:15 \$ SITTERCIZE 12:30 \$ SCULPTING W/ WEIGHTS 1:45-4:15 BADMINTON</p>	<p>29</p> <p>8:30 – 4:15 PING PONG 9:15 \$ TAI CHI 10:30 \$ NO YOGA 12:30 \$ POUND 1:45 \$ GET FIT</p> 	<p>30</p> <p>SENIOR CENTER CLOSED FOR THE HOLIDAY</p>

