





# March 2019 – Wellness Center

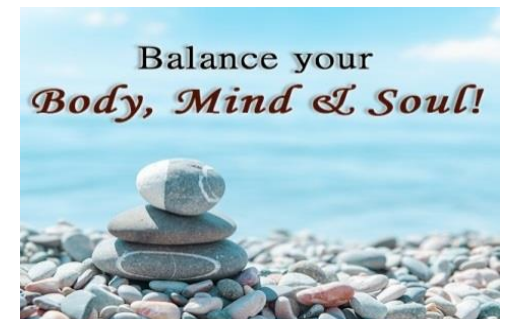
\*\* Turn Clocks Ahead Sunday, March 10<sup>th</sup>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>The Fun &amp; Trendy BOLLYX Fitness is HERE!!</b> BollyX uses interval training to tone your entire body and burn serious calories! <b>Sign Up For FREE DEMO</b> <b>Thursday, March 21<sup>st</sup> 12:30pm</b> Medicals must be on file.</p>		<p><b>Gym Open Daily</b> <b>8:30am – 4:15pm</b> <b>MUST HAVE MEDICALS</b> <b>UPDATED EVERY 2 YEARS</b> <b>MEDICALS MUST BE ON FILE AND BEEN TRAINED BEFORE USING GYM</b></p>	<p><b>1</b> 8:30-4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:30 BADMINTON</p>
<p>9:15 \$ ADVANCED FITNESS <b>4</b> <b>10:00-12:00-PERSONAL TRAINING</b> 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE <b>12:30 PHC LECTURE- Medical Decisions for Others</b> 12:30 BODY GYM 1:30 – 4:15 PING PONG 1:45 \$ B.E.S.T</p>	<p><b>5</b> 8:30-4:30 PING PONG 10:30 \$ CHAIR YOGA 11:45 BADMINTON</p> 	<p><b>6</b> 8:30-4:15 PING PONG 9:15 VIDEO FITNESS 10:30 NOW &amp; ZEN <b>12:30 \$ SCULPTING W/ WEIGHTS, NEW SESSION</b> 1:45 BADMINTON</p>	<p><b>7</b> 8:30 – 4:15 PING PONG 9:15 \$NO TAI CHI 10:30 \$ YOGA <b>1:45 \$ GET FIT, NEW SESSION</b></p>	<p><b>8</b> 8:30-4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:30 BADMINTON</p> 
<p><b>11</b> 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><b>12</b> 8:30-4:30 PING PONG <b>9:15 \$ PILATES, NEW SESSION</b> <b>10:30 \$ CHAIR YOGA, NEW SESSION</b> <b>12:30 \$ AGELESS GRACE, NEW SESSION</b> <b>1:30 \$ TAP DANCE, NEW SESSION</b> 2:45 BADMINTON</p>	<p><b>13</b> 8:30-4:15 PING PONG 9:15 VIDEO FITNESS 10:30 NOW &amp; ZEN 12:30 \$ SCULPTING W/ WEIGHTS 1:45 BADMINTON</p> 	<p><b>14</b> 9:15 \$ NO TAI CHI 10:30 \$ YOGA <b>10:30 PHC LECTURE- Fall Prevention</b> 1:45 \$ GET FIT 12:00 – 4:15 PING PONG</p>	<p><b>15</b> 8:30-4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTCERCISE <b>12:15 \$ YOGASIZE, NEW SESSION</b> <b>1:15 \$ ZUMBA, NEW SESSION</b> 2:30 BADMINTON</p>
<p><b>18</b> 8:30 – 4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE <b>11:30-1:30-PERSONAL TRAINING</b> <b>12:30 BODY GYM, NEW SESSION</b> <b>1:45 \$ B.E.S.T, NEW SESSION</b></p> 	<p><b>19</b> 9:15 \$ PILATES <b>10:00-12:00-FREE BLOOD PRESSURE</b> 10:30 \$ CHAIR YOGA 12:30 \$ AGELESS GRACE 12:30-4:30 PING PONG 1:30 \$ TAP DANCE 2:45 BADMINTON</p> 	<p><b>20</b> 8:30-4:15 PING PONG 9:15 VIDEO FITNESS 10:30 NOW &amp; ZEN 12:30 \$ SCULPTING W/ WEIGHTS 1:45 BADMINTON</p>	<p><b>21</b> 8:30 – 4:15 PING PONG 9:15 \$ NO TAI CHI 10:30 \$ YOGA <b>12:30 BOLLYX FREE DEMO</b> 1:45 \$ GET FIT</p>	<p><b>22</b> 8:30-4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTCERCISE 12:15 \$ YOGASIZE 1:15 \$ ZUMBA 2:30 BADMINTON</p> 
<p><b>25</b> 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><b>26</b> 8:30-4:30 PING PONG 9:15 \$ PILATES 10:30 \$ CHAIR YOGA 12:30 \$ AGELESS GRACE 1:30 \$ TAP DANCE 2:45 BADMINTON</p>	<p><b>27</b> 8:30-4:15 PING PONG 9:15 VIDEO FITNESS 10:30 NOW &amp; ZEN 12:30 \$ SCULPTING W/ WEIGHTS 1:45 BADMINTON</p> 	<p><b>28</b> 8:30 – 4:15 PING PONG 9:15 \$ NO TAI CHI 10:30 \$ YOGA 1:45 \$ GET FIT</p> 	<p><b>29</b> 8:30-4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTCERCISE 12:15 \$ YOGASIZE 1:15 \$ ZUMBA 2:30 BADMINTON</p>

**JOIN A CLASS!**  
MUST HAVE  
MEDICALS ON FILE  
**BEFORE ENROLLING**



**DEADLINE**



**MUST:**

- \* HAVE MEDICALS ON FILE
- \*WEAR PROPER ATTIRE
- \* HAVE BEEN TRAINED