

March 2020

Wellness Calendar

Turn clocks ahead Sunday, March 8th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:30 PING PONG 9:15 \$ ADVANCED FITNESS 10:00-12:00-PERSONAL TRAINING 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:30 \$ BOLLYX 12:30 PHC LECTURE- Varicose Veins 1:45 \$ B.E.S.T- BEGINS - First class FREE</p> <p style="text-align: right;">2</p> 	<p>8:30 PING PONG 9:15 \$ PILATES, NEW SESSION 10:30 \$ CHAIR YOGA, NEW SESSION 1:30 \$ TAP DANCE, NEW SESSION 2:45 BADMINTON</p> <p style="text-align: right;">3</p>	<p>8:30 PING PONG 9:05 \$ SWEATIN TO THE OLDIES 10:30 NOW & ZEN, NEW SESSION 12:30 \$ SCULPTING W/ WEIGHTS 1:45 BADMINTON</p> <p style="text-align: right;">4</p>	<p>8:30 PING PONG 9:15 \$ TAI CHI, NEW SESSION 10:30 \$ YOGA, NEW SESSION 12:30 VIDEO FITNESS 1:45 \$ GET FIT, BEGINS - First class FREE</p> <p style="text-align: right;">5</p>	<p>8:30 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 1:15 \$ ZUMBA, NEW SESSION 2:15 DANCE ZONE 3:00 BADMINTON</p> <p style="text-align: right;">6</p>
<p>8:30 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:30 \$ BOLLYX 1:45 \$ B.E.S.T</p> <p style="text-align: right;">9</p>	<p>8:30 PING PONG 9:15 \$ PILATES 10:30 \$ CHAIR YOGA 1:30 \$ TAP DANCE 2:45 BADMINTON</p> <p style="text-align: right;">10</p>	<p>8:30 PING PONG 9:05 \$ SWEATIN TO THE OLDIES 10:30 NOW & ZEN 12:30 \$ SCULPTING W/ WEIGHTS, NEW SESSION 1:45 BADMINTON</p> <p style="text-align: right;">11</p>	<p>8:30 PING PONG 9:15 \$ TAI CHI 10:30 \$ YOGA 10:30 PHC LECTURE- Summer Emergencies 12:30 VIDEO FITNESS 1:45 \$ GET FIT</p> <p style="text-align: right;">12</p>	<p>8:30 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 1:15 \$ ZUMBA 2:15 DANCE ZONE 3:00 BADMINTON</p> <p style="text-align: right;">13</p>
<p>8:30 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 11:30-1:30-PERSONAL TRAINING 12:30 \$ BOLLYX, NEW SESSION 1:45 \$ B.E.S.T, NEW SESSION</p> <p style="text-align: right;">16</p> 	<p>8:30 PING PONG 9:15 \$ PILATES 10:00 FREE BLOOD PRESSURE 10:30 \$ CHAIR YOGA 1:30 \$ TAP DANCE 2:45 BADMINTON</p> <p style="text-align: right;">17</p>	<p>8:30 PING PONG 9:05 \$ SWEATIN TO THE OLDIES 10:30 NOW & ZEN 12:30 \$ SCULPTING W/ WEIGHTS 1:45 BADMINTON</p> <p style="text-align: right;">18</p>	<p>8:30 PING PONG (CLOSED 10:00A-1:00P) 9:15 \$ TAI CHI 10:00 VISION SCREENING 10:30 \$ YOGA 12:30 VIDEO FITNESS 1:45 \$ GET FIT</p> <p style="text-align: right;">19</p>	<p>8:30 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 1:15 \$ ZUMBA 2:15 DANCE ZONE 3:00 BADMINTON</p> <p style="text-align: right;">20</p>
<p>8:30 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:30 \$ BOLLYX 1:45 \$ B.E.S.T</p> <p style="text-align: right;">23</p>	<p>8:30 PING PONG 9:15 \$ PILATES 10:30 \$ CHAIR YOGA 1:30 \$ TAP DANCE 2:45 BADMINTON</p> <p style="text-align: right;">24</p>	<p>8:30 PING PONG 9:05 \$ SWEATIN TO THE OLDIES, NEW SESSION 10:30 NO NOW & ZEN 12:30 \$ SCULPTING W/ WEIGHTS 1:45 BADMINTON</p> <p style="text-align: right;">25</p>	<p>8:30 PING PONG 9:15 \$ TAI CHI 10:30 \$ YOGA 12:30 VIDEO FITNESS 1:45 \$ GET FIT</p> <p style="text-align: right;">26</p>	<p>8:30-4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 1:15 \$ ZUMBA 2:15 DANCE ZONE 3:00 BADMINTON</p> <p style="text-align: right;">27</p>
<p>8:30 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:30 \$ BOLLYX 1:45 \$ B.E.S.T</p> <p style="text-align: right;">30</p>	<p>8:30 PING PONG 9:15 \$ PILATES 10:30 \$ CHAIR YOGA 1:30 \$ TAP DANCE 2:45 BADMINTON</p> <p style="text-align: right;">31</p>		<p style="text-align: center;">Gym Open Daily</p> <p style="text-align: center;">8:30am – 4:15pm MEDICALS MUST BE ON FILE, UPDATED EVERY 2 YEARS & HAVE TO BE TRAINED <u>BEFORE</u> USING GYM</p>	