

March Wellness 2023

*Programs are subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p style="text-align: right;">1</p> <p>10:30 BODY SCULPTING 12:30 NOW & ZEN, AUD. 2 1:30 PICKLEBALL</p>	<p style="text-align: right;">2</p> <p>11:30 CHAIR YOGA 1:30 PICKLEBALL</p>	<p style="text-align: right;">3</p> <p>10:00 ZUMBA 11:00 PICKLEBALL</p>
<p style="text-align: right;">6</p> <p>11:00 BODY SCULPTING 12:30 DANCERCISE 1:30 PICKLEBALL</p>	<p style="text-align: right;">7</p> <p>12:30 SWEATIN TO THE OLDIES 1:30 PICKLEBALL</p>	<p style="text-align: right;">8</p> <p>10:30 BODY SCULPTING 12:30 NO NOW & ZEN, AUD. 2 1:30 PICKLEBALL</p>	<p style="text-align: right;">9</p> <p>11:30 CHAIR YOGA 1:30 PICKLEBALL</p>	<p style="text-align: right;">10</p> <p>10:00 ZUMBA 12:15 SUN SALUTATIONS WITH ASHWINI Sign up with Jasmine at 732 329-4000 x 7670 1:45 PICKLEBALL</p>
<p style="text-align: right;">13</p> <p>11:00 BODY SCULPTING 12:30 DANCERCISE 1:30 PICKLEBALL</p>	<p style="text-align: right;">14</p> <p>12:30 SWEATIN TO THE OLDIES 1:30 PICKLEBALL</p>	<p style="text-align: right;">15</p> <p>10:00 – 12:00 MEMORY SCREENING TO REGISTER CALL (888) 897-8979 (Follow the prompts)</p> <p>10:30 BODY SCULPTING 12:30 NOW & ZEN, AUD. 2 1:30 PICKLEBALL</p>	<p style="text-align: right;">16</p> <p>11:30 CHAIR YOGA 1:30 PICKLEBALL</p>	<p style="text-align: right;">17</p> <p>10:00 ZUMBA 11:00 PICKLEBALL</p>
<p style="text-align: right;">20</p> <p>11:00 BODY SCULPTING 12:30 DANCERCISE 1:30 PICKLEBALL</p>	<p style="text-align: right;">21</p> <p>12:30 SWEATIN TO THE OLDIES 1:30 PICKLEBALL</p>	<p style="text-align: right;">22</p> <p>10:30 BODY SCULPTING 12:30 NO NOW & ZEN, AUD. 2 12:30 CHAIR YOGA WITH RIA Sign up with Jasmine at 732 329-4000 x 7670 1:45 PICKLEBALL</p>	<p style="text-align: right;">23</p> <p>11:30 CHAIR YOGA 1:30 PICKLEBALL</p>	<p style="text-align: right;">24</p> <p>10:00 ZUMBA 11:00 PICKLEBALL</p>
<p style="text-align: right;">27</p> <p>11:00 BODY SCULPTING 12:30 DANCERCISE 1:30 PICKLEBALL</p>	<p style="text-align: right;">28</p> <p>12:30 SWEATIN TO THE OLDIES 1:30 PICKLEBALL</p>	<p style="text-align: right;">29</p> <p>10:30 BODY SCULPTING 12:30 NOW & ZEN, AUD. 2 1:30 PICKLEBALL</p>	<p style="text-align: right;">30</p> <p>11:30 CHAIR YOGA 1:30 PICKLEBALL</p>	<p style="text-align: right;">31</p> <p>10:00 ZUMBA 11:00 PICKLEBALL 12:30 – 2:00 Pickleball Supervised Play</p>