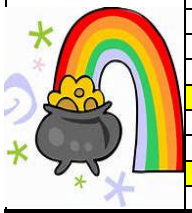
GROUP FITNESS

SPORTS OF ALL SORTS

MARCH 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9:30 - 10:15 CIRCUIT 10:30 - 11:15 Silver Sneaker's Classic AMY	2 9:30-10:15 CARDIO DRUMMING AMY 10:30-11:15 SILVER SNEAKERS YOGA TONI	3 TAI CHI WITH AMY 8:45-9:15AM 9:30 - 10:15 Senior-FIT TONI 10:30-11:15 Silver Sneaker's Classic TONI	4 TAI CHI WITH AMY MARCH 3, 17 & 31
5 PLEASE NOTE MARCH 8 &22 TABATA! 20 SEC WORK 10 SEC REST X8 45 MIN TRY IT OUT!	6 9:30 - 10:15 Senior-FIT AMY 10:30-11:15 Silver Sneaker's Classic TONI	7 9:30-10:15 CARDIO DRUMMING AMY 10:30-11:15 SILVER SNEAKERS YOGA TONI	8 9:30 - 10:15 TABATA CIRCUIT 10:30 - 11:15 Silver Sneaker's Classic AMY	9 9:30-10:15 CARDIO-DANCE AMY 10:30-11:15 SILVER SNEAKERS YOGA TONI	10 Senior-FIT AMY 10:30-11:15 Silver Sneaker's Classic TONI	11
12 	13 9:30 - 10:15 Senior-FIT AMY 10:30-11:15 Silver Sneaker's Classic TONI	14 9:30-10:15 CARDIO-DANCE AMY 10:30-11:15 SILVER SNEAKERS YOGA TONI	15 9:30 - 10:15 CIRCUIT 10:30 - 11:15 Silver Sneaker's Classic AMY	16 9:30-10:15 CARDIO DRUMMING AMY 10:30-11:15 SILVER SNEAKERS YOGA TONI	17 HAPPY ST PATS DAY! TAI CHI WITH AMY 8:45-9:15AM Senior-FIT AMY 10:30-11:15 Silver Sneaker's Classic TONI WEAR GREEN!	18 <<<