



GROUP FITNESS

SPORTS OF ALL SORTS



MARCH 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		9:30-10:15 CARDIO DRUMMING AMY 10:30-11:15 SILVER SNEAKERS YOGA TONI	9:30 - 10:15 CIRCUIT 10:30 - 11:15 Silver Sneaker's Classic AMY	9:30-10:15 CARDIO-DANCE AMY 10:30-11:15 SILVER SNEAKERS YOGA TONI	Senior-FIT 9:30 - 10:15 AMY 10:30-11:15 Silver Sneaker's Classic TONI	
6	7	8	9	10	11	12
	9:30 - 10:15 Senior-FIT AMY 10:30-11:15 Silver Sneaker's Classic TONI	9:30-10:15 CARDIO-DANCE AMY 10:30-11:15 SILVER SNEAKERS YOGA TONI	9:30 - 10:15 CIRCUIT 10:30 - 11:15 Silver Sneaker's Classic AMY	9:30-10:15 CARDIO DRUMMING AMY 10:30-11:15 SILVER SNEAKERS YOGA TONI	9:30 - 10:15 Senior-FIT AMY 10:30-11:15 Silver Sneaker's Classic TONI	
13	14	15	16	17	18	19
	9:30 - 10:15 Senior-FIT AMY 10:30-11:15 Silver Sneaker's Classic TONI	9:30-10:15 CARDIO DRUMMING AMY 10:30-11:15 SILVER SNEAKERS YOGA TONI	9:30 - 10:15 CIRCUIT 10:30 - 11:15 Silver Sneaker's Classic AMY	WEAR YOUR GREEN! 9:30-10:15 CARDIO-DANCE AMY 10:30-11:15 SILVER SNEAKERS YOGA TONI	9:30 - 10:15 Senior-FIT AMY 10:30-11:15 Silver Sneaker's Classic TONI	
20	21	22	23	24	25	26
	9:30 - 10:15 Senior-FIT AMY 10:30-11:15 Silver Sneaker's Classic TONI	9:30-10:15 CARDIO-DANCE AMY 10:30-11:15 SILVER SNEAKERS YOGA TONI	9:30 - 10:15 CIRCUIT 10:30 - 11:15 Silver Sneaker's Classic AMY	9:30-10:15 CARDIO DRUMMING AMY 10:30-11:15 SILVER SNEAKERS YOGA TONI	9:30 - 10:15 Senior-FIT AMY 10:30-11:15 Silver Sneaker's Classic TONI	
27	28	29	30	31		
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