



# GROUP FITNESS

## SPORTS OF ALL SORTS



MARCH ~ 2020

| SUNDAY                                                                                  | MONDAY                                                                                                                                                             | TUESDAY                                                                                                           | WEDNESDAY                                                                                                                                                 | THURSDAY                                                                                                                          | FRIDAY                                                                                                                                                | SATURDAY                                                                                    |
|-----------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|
| 1<br>  | 2<br>8:30 - 9:20 (Stacey)<br>Senior Strength <b>PLUS +</b><br>9:30 - 10:20 (Elizabeth)<br>Senior-Fit<br>10:30-11:20 (Stephanie)<br><b>Silver Sneaker's Classic</b> | 3<br>9:00-9:50 (Toni)<br><b>Silver Sneaker's YOGA</b><br>10:00-10:50 (Lisa)<br>DANCE-FIT                          | 4<br>8:30-9:20 (Lisa)<br>Senior Strength <b>PLUS +</b><br>9:30 - 10:20 (Angi)<br>Senior-FIT<br>10:30-11:20 (Stephanie)<br><b>Silver Sneaker's Classic</b> | 5<br>9:00-9:50 (Toni)<br><b>Silver Sneaker's YOGA</b><br>10:00-10:50 (Lisa)<br>DANCE-FIT                                          | 6<br>8:30-9:20 (Stacey)<br>Senior Strength <b>PLUS +</b><br>9:30-10:20 (Angi)<br>Senior-Fit<br>10:30 - 11:20 (Toni)<br><b>SilverSneakers Classic</b>  | 7                                                                                           |
| 8                                                                                       | 9<br>8:30 - 9:20 (Stacey)<br>Senior Strength <b>PLUS +</b><br>9:30 - 10:20 (Elizabeth)<br>Senior-Fit<br>10:30-11:20 (Toni)<br><b>Silver Sneaker's Classic</b>      | 10<br>9:00-9:50 (Toni)<br><b>Silver Sneaker's YOGA</b><br>10:00-10:50 (Lisa)<br>DANCE-FIT                         | 11<br>8:30 - 9:20 (Stacey)<br><b>Senior CIRCUIT</b><br>9:30 - 10:20 (Angi)<br>Senior-FIT<br>10:30-11:20 (Angi)<br><b>Silver Sneaker's Classic</b>         | 12<br>9:00-9:50 (Toni)<br><b>Silver Sneaker's YOGA</b><br>10:00-10:50 (Lisa)<br>DANCE-FIT                                         | 13<br>8:30-9:20 (Stacey)<br>Senior Strength <b>PLUS +</b><br>9:30-10:20 (Angi)<br>Senior-Fit<br>10:30 - 11:20 (Toni)<br><b>SilverSneakers Classic</b> | 14<br>   |
| 15<br> | 16<br>8:30 - 9:20 (Stacey)<br>Senior Strength <b>PLUS +</b><br>9:30 - 10:20 (Elizabeth)<br>Senior-Fit<br>10:30-11:20 (Toni)<br><b>Silver Sneaker's Classic</b>     | 17<br>9:00-9:50 (Toni)<br><b>Silver Sneaker's YOGA</b><br>10:00-10:50 (Lisa)<br>DANCE-FIT                         | 18<br>8:30-9:20 (Lisa)<br>Senior Strength <b>PLUS +</b><br>9:30 - 10:20 (Angi)<br>Senior-FIT<br>10:30-11:20 (Angi)<br><b>Silver Sneaker's Classic</b>     | 19<br>9:00-9:50 (Toni)<br><b>Silver Sneaker's YOGA</b><br>10:00-10:50 (Lisa)<br>DANCE-FIT                                         | 20<br>8:30-9:20 (Stacey)<br>Senior Strength <b>PLUS +</b><br>9:30-10:20 (Angi)<br>Senior-Fit<br>10:30 - 11:20 (Toni)<br><b>SilverSneakers Classic</b> | 21                                                                                          |
| 22                                                                                      | 23<br>8:30 - 9:20 (Stacey)<br>Senior Strength <b>PLUS +</b><br>9:30 - 10:20 (Elizabeth)<br>Senior-Fit<br>10:30-11:20 (Toni)<br><b>Silver Sneaker's Classic</b>     | 24<br>9:00-9:50 (Toni)<br><b>Silver Sneaker's YOGA</b><br>10:00-10:50 (Lisa)<br>DANCE-FIT                         | 25<br>8:30 - 9:20 (Stacey)<br><b>Senior CIRCUIT</b><br>9:30 - 10:20 (Angi)<br>Senior-FIT<br>10:30-11:20 (Angi)<br><b>Silver Sneaker's Classic</b>         | 26<br>9:00-9:50 (Toni)<br><b>Silver Sneaker's YOGA</b><br>10:00-10:50 (Lisa)<br>DANCE-FIT                                         | 27<br>8:30-9:20 (Stacey)<br>Senior Strength <b>PLUS +</b><br>9:30-10:20 (Angi)<br>Senior-Fit<br>10:30 - 11:20 (Toni)<br><b>SilverSneakers Classic</b> | 28<br> |
| 29                                                                                      | 30<br>8:30 - 9:20 (Stacey)<br>Senior Strength <b>PLUS +</b><br>9:30 - 10:20 (Elizabeth)<br>Senior-Fit<br>10:30-11:20 (Toni)<br><b>Silver Sneaker's Classic</b>     | 31<br>9:00-9:50 (Toni)<br><b>Silver Sneaker's YOGA</b><br>10:00-10:50 (Lisa)<br>DANCE-FIT<br><b>2pm BOOK CLUB</b> |                                                                       | <b>March is National Nutrition Month</b><br> |                                                                                                                                                       |                                                                                             |