

March 2018

Activity/Exercise Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00am	<i>Get Pumped</i>	<i>L.A.B. Legs, Abs, Buns</i>	<i>Absolute Core</i>	<i>L.A.B. Legs, Abs, Buns</i>	<i>Get Pumped</i>	
8:00am	<i>Tone n' Strengthen</i>		<i>Tone n' Strengthen</i>		<i>Tone n' Strengthen</i>	<i>Aerobics w/Anna</i>
8:40am	<i>Strictly Stretching</i>		<i>Strictly Stretching</i>		<i>Strictly Stretching</i>	
9:00am		<i>Beginner's Zumba</i>		<i>Beginner's Zumba</i>		<i>Beginner's Zumba</i>
9:15am	<i>Water Aerobics</i>		<i>Aqua Zumba</i>		<i>Water Aerobics</i>	
10:15am		<i>Water Aerobics</i>		<i>Water Aerobics</i>		<i>Water Aerobics</i>
11:30am	<i>Circuit Training (Limited to 6 People, Sign-up sheet in hallway)</i>		<i>Circuit Training (Limited to 6 People, Sign-up sheet in hallway)</i>		<i>Circuit Training (Limited to 6 People, Sign-up sheet in hallway)</i> <i>Yoga</i>	
12:30pm			<i>Mahjong</i>			
1:00pm	<i>Mahjong</i>		<i>Knit & Crochet</i>			
2:30pm				<i>Dominoes</i>		
3:00pm				<i>Ladies Bridge</i>		
3:30pm		<i>Couples Bridge</i>				
4:00pm	<i>Yoga</i>		<i>Yoga</i>			
7:00pm					<i>Movie Night</i>	

Brunch with Lylian Monday, March 5th - 10:15am

Please bring a covered dish. We supply coffee and juice!

See you there!

