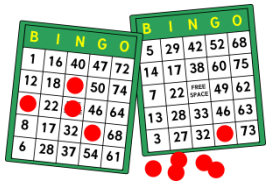
MARCH ACTIVITY CALENDAR

1 ART CLASSES Mon & Fri 9:00 – 11:00 AM	2 PiYo - 9:30 AM Grief Support 10:00 Weights 10:30 AM Zumba Gold 1:30 PM Mahjongg 1:00-4:00 Pickleball 6:00 pm	3 Pickleball 8:30 am Tai Chi – 7:00 AM Chair Yoga 8:30 AM Floor Yoga – 9:45 AM Party Bridge – 12:30 Pickleball 6:00 pm	4 Pilates 8:30 AM Bocce 9:00 AM Floor Yoga – 9:45 AM Cards/Games – 12:30 Zumba Gold 1:30 PM Pickleball 6:00 pm	5 Pickleball 8:30 am Cardio & Strength & Stretch 8:30 AM Chair Yoga 9:45AM Exercise 101 – 1:00 PM	6 Tai chi – 7:00 AM Chair Yoga 8:30 AM Weights 9:45 AM Zumba Gold 1:30 PM Pickleball 6:00 pm	7
8 	9 PiYo - 9:30 AM Grief Support 10:00 Weights 10:30 AM Zumba Gold 1:30 PM Mahjongg 1:00-4:00 Pickleball 6:00 pm	10 Pickleball 8:30 am Tai Chi – 7:00 AM Chair Yoga 8:30 AM Floor Yoga – 9:45 AM Party Bridge – 12:30 Pickleball 6:00 pm	11 Pilates 8:30 AM Bocce 9:00 AM Floor Yoga – 9:45 AM Cards/Games – 12:30 Zumba Gold 1:30 PM Pickleball 6:00 pm	12 Pickleball 8:30 am Cardio & Strength & Stretch 8:30 AM Chair Yoga 9:45AM Exercise 101 – 1:00 PM	13 Tai chi – 7:00 AM Chair Yoga 8:30 AM Weights 9:45 AM Zumba Gold 1:30 PM Pickleball 6:00 pm	14
15 **PICKLEBALL** LOTT PARK SUN, TUES, THURS 8:30 am MON TUES WED FRI 6:00 pm	16 PiYo - 9:30 AM Grief Support 10:00 Weights 10:30 AM Zumba Gold 1:30 PM Mahjongg 1:00-4:00 Pickleball 6:00 pm	17 ST PATRICK DAY Pickleball 8:30 am Tai Chi – 7:00 AM Chair Yoga 8:30 AM Floor Yoga – 9:45 AM Party Bridge – 12:30 Pickleball 6:00 pm	18 Pilates 8:30 AM Bocce 9:00 AM Floor Yoga – 9:45 AM Cards/Games – 12:30 Zumba Gold 1:30 PM Pickleball 6:00 pm	19 BINGO/LUNCH Pickleball 8:30 am Cardio & Strength & Stretch 8:30 AM Chair Yoga 9:45AM Exercise 101 – 1:00 PM	20 Tai chi – 7:00 AM Chair Yoga 8:30 AM Weights 9:45 AM Zumba Gold 1:30 PM Pickleball 6:00 pm	21 
22 Pickleball 8:30am	23 PiYo - 9:30 AM Grief Support 10:00 Weights 10:30 AM Zumba Gold 1:30 PM Mahjongg 1:00-4:00 Pickleball 6:00 pm	24 Pickleball 8:30 am Tai Chi – 7:00 AM Chair Yoga 8:30 AM Floor Yoga – 9:45 AM Party Bridge – 12:30 Pickleball 6:00 pm	25 CASINO TRIP Pilates 8:30 AM Bocce 9:00 AM Floor Yoga – 9:45 AM Cards/Games – 12:30 Zumba Gold 1:30 PM Pickleball 6:00 pm	26 Pickleball 8:30 am Cardio & Strength & Stretch 8:30 AM Chair Yoga 9:45AM Exercise 101 – 1:00 PM	27 Tai chi – 7:00 AM Chair Yoga 8:30 AM Weights 9:45 AM Zumba Gold 1:30 PM Pickleball 6:00 pm	28
29 Pickleball 8:30 am	30 PiYo - 9:30 AM Grief Support 10:00 Weights 10:30 AM Zumba Gold 1:30 PM Mahjongg 1:00-4:00 Pickleball 6:00 pm	31 Pickleball 8:30 am Tai Chi – 7:00 AM Chair Yoga 8:30 AM Floor Yoga – 9:45 AM Party Bridge – 12:30 Pickleball 6:00 pm	QUESTIONS? Jane Ellis 620-2401 Senior Program Coordinator	Gym Hours 6:00 AM Mon-Thurs 5:00 PM Friday 4;30 PM		BLOOD PRESSURE CHECK MONDAYS 10:00 am