







MARCH 2017 – Wellness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	JOIN A CLASS! \$ MEANS FEE <ul style="list-style-type: none"> Pilates Line Dance Sculpting with Weights Yoga Tai Chi Meditation <ul style="list-style-type: none"> Ballroom Zumba Chair Yoga Sittersize BEST Get Fit 	<p>1</p> <p>8:30 – 4:15 – GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – VIDEO FITNESS 10:15 – VIDEO FITNESS 10:45-\$NEW SESSION-MINDFUL MEDITATION 12:30 – \$ SCULPTING WITH WEIGHTS 1:45 – \$ NEW SESSION: BALLROOM DANCING 3:00 – 4:15 – BADMINTON</p>	<p>2</p> <p>8:30 – 4:15–GYM OPEN 8:30 – 4:15–PING PONG 9:15 – \$ NEW SESSION-TAI CHI 10:30-\$ NEW SESSION-YOGA 12:30 – \$ NEW SESSION LINE DANCE 1:45 – \$ NEW SESSION-GET FIT</p>	<p>3</p> <p>8:30 – 4:15 GYM OPEN 8:30 – 4:15 PING PONG 9:15 – \$ ADVANCED FITNESS 10:15 – \$ INTER/BEG FITNESS 11:15 – \$ SITTERSIZE 1:15-\$ NEW SESSION-ZUMBA 2:30 – 4:15–OPEN BALLROOM DANCE</p>
<p>6</p> <p>8:30 – 4:15 –GYM OPEN 8:30 – 11:30 – PING PONG 9:15 – \$ADVANCED FITNESS 10:00 to 12:00–PERSONAL TRAINING, Wt. Rm 10:15 – \$ INTER/BEG FITNESS 11:15 – \$ SITTERSIZE 12:30 – BODY GYM CLASS 12:30 – PHC LECTURE: PREVENTING FALLS 1:30 – 4:15– PING PONG 1:45 – \$ B.E.S.T with Liz 3:00 – OPEN BALLROOM DANCE</p>	<p>7</p> <p>8:30 – 4:15 – GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – \$ PILATES 10:30 – \$ NEW SESSION-CHAIR YOGA 1:15 – \$ NEW SESSION-TAP DANCE 2:30 – 4:15 – BADMINTON</p> 	<p>8</p> <p>8:30 – 4:15 – GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – VIDEO FITNESS 10:15 – VIDEO FITNESS 10:45-\$-MINDFUL MEDITATION 12:30 – \$ NEW : SCULPTING WITH WEIGHTS 1:45 – \$ BALLROOM DANCING CLASS 3:00 – 4:15 – BADMINTON</p>	<p>9</p> <p>8:30 – 4:15 GYM OPEN 9:15 – \$ TAI CHI 10:30-\$ YOGA 10:45 – PHC LECTURE: STROKE 12:00-4:15- PING PONG 12:30 – \$ COUNTRY LINE DANCE 1:45-\$ GET FIT</p> 	<p>10</p> <p>8:30 – 4:15 GYM OPEN 8:30 – 4:15 PING PONG 9:15 – \$ ADVANCED FITNESS 10:15 – \$ INTER/BEG FITNESS 11:15 – \$ SITTERSIZE 1:15-\$ ZUMBA 2:30 – 4:15–OPEN BALLROOM DANCE</p>
<p>13</p> <p>8:30 – 4:15 –GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – \$ ADVANCED FITNESS 10:15 – \$ INTER/BEG FITNESS 11:15 – \$ SITTERSIZE 12:30 – BODY GYM CLASS 1:45 – \$ B.E.S.T with Liz 3:00 – OPEN BALLROOM DANCE</p> 	<p>14</p> <p>8:30 – 4:15 – GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – \$ PILATES 10:30 – \$ CHAIR YOGA 1:15 –\$ TAP DANCE 2:30 – 4:15 – BADMINTON</p>	<p>15</p> <p>8:30 – 4:15 – GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – VIDEO FITNESS 10:15 – VIDEO FITNESS 10:45-\$-MINDFUL MEDITATION 12:30 – \$ SCULPTING WITH WEIGHTS 1:45 – \$ BALLROOM DANCING CLASS 3:00 – 4:15 – BADMINTON</p>	<p>16</p> <p>8:30 – 4:15 GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – \$ TAI CHI 10:30-\$ YOGA 12:30 – \$ COUNTRY LINE DANCE 1:45 – \$ GET FIT</p>	<p>17</p> <p>8:30 – 4:15 GYM OPEN 8:30 – 4:15 PING PONG 9:15 – \$ ADVANCED FITNESS 10:15 – \$ INTER/BEG FITNESS 11:15 – \$ SITTERSIZE 1:15 –\$ ZUMBA 2:30 – 4:15–OPEN BALLROOM DANCE</p> 
<p>20</p> <p>8:30 – 4:15 –GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – \$ ADVANCED FITNESS 10:15 – \$ INTER/BEG FITNESS 11:15 – \$ SITTERSIZE 11:30 to 1:30–PERSONAL TRAINING, Wt Rm 12:30 – BODY GYM CLASS 1:45 – \$ B.E.S.T with Liz 3:00 – OPEN BALLROOM DANCE</p>	<p>21</p> <p>8:30 – 4:15 – GYM OPEN 9:15 - \$ PILATES 10:00-NOON - BLOOD PRESSURE CHECK 12:30 – 4:15 – PING PONG 10:30 – \$ CHAIR YOGA 1:15 –\$ TAP DANCE 2:30 – 4:15 – BADMINTON</p>	<p>22</p> <p>8:30 – 4:15 – GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – VIDEO FITNESS 10:15 – VIDEO FITNESS 10:45-\$-MINDFUL MEDITATION 12:30 – \$ SCULPTING WITH WEIGHTS 1:45 – \$ BALLROOM DANCING CLASS 3:00 – 4:15 – BADMINTON</p>	<p>23</p> <p>8:30 – 4:15 GYM OPEN 8:30 – 4:15 – PING PONG 9:15 - \$ TAI CHI 10:30-\$ YOGA 12:30 – \$ COUNTRY LINE DANCE 1:45 – \$ GET FIT</p>	<p>24</p> <p>8:30 – 4:15 GYM OPEN 8:30 – 4:15 PING PONG 9:15 – \$ ADVANCED FITNESS 10:15 – \$ INTER/BEG FITNESS 11:15 – \$ SITTERSIZE 1:15 –\$ ZUMBA 2:30 – 4:15–OPEN BALL ROOM DANCE</p>
<p>27</p> <p>8:30 – 4:15 –GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – \$ ADVANCED FITNESS 10:15 – \$ INTER/BEG FITNESS 11:15 – \$ SITTERSIZE 12:30 – NEW SESSION-BODY GYM CLASS 1:45 – \$ NEW SESSION-B.E.S.T with Liz 3:00 – OPEN BALLROOM DANCE</p>	<p>28</p> <p>8:30 – 4:15 – GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – \$ PILATES 10:30 – \$ CHAIR YOGA 1:15 –\$ TAP DANCE 2:30 – 4:15 – BADMINTON</p>	<p>29</p> <p>8:30 – 4:15 – GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – VIDEO FITNESS 10:15 – VIDEO FITNESS 10:45-\$-MINDFUL MEDITATION 12:30 – \$ SCULPTING WITH WEIGHTS 1:45 – \$ BALLROOM DANCING CLASS 3:00 – 4:15 – BADMINTON</p> 	<p>30</p> <p>8:30 – 4:15 GYM OPEN 8:30 – 4:15 – PING PONG 9:15 - \$ TAI CHI 10:30-\$ YOGA 12:30 – \$ COUNTRY LINE DANCE 1:45 – \$ GET FIT</p>	<p>31</p> <p>8:30 – 4:15 GYM OPEN 8:30 – 4:15 PING PONG 9:15 – \$ ADVANCED FITNESS 10:15 – \$ INTER/BEG FITNESS 11:15 – \$ SITTERSIZE 1:15 –\$ ZUMBA 2:30 – 4:15–OPEN BALLROOM DANCE</p>

