



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Retirement PAL Team CONTACT INFO: Andrew Soumbos (PAL Coordinator, R.Kin) = 1887 Caleb Ramey (PAL Coordinator, R.Kin) = 1887 Megan Pryce-Jones (PAL Coordinator) = 1887			EXERCISE LOCATIONS F = FLORENCE MEARES SENIOR CENTRE B = BASEMENT FITNESS CENTER T = TOWN HALL		1 10 AM – Sit & Be Fit w/ Andrew (F) 11 AM – Sit & Be Fit w/ Andrew (F) 4:15 PM – Balance Class w/ Andrew (F) <i>Caleb off</i>	2 10 AM – Sit & Be Fit w/ Caleb (F) 11 AM – Fit on your Feet w/ Caleb (F)
3 10 AM – Morning Stretching w/ Caleb (F) 4 PM – Strength & Conditioning w/ Caleb (B)	4 10 AM – Sit & Be Fit w/ Caleb (F) 11 AM – Fit on your Feet w/ Caleb (F) 4:15 PM – Balance Class w/ Caleb (F)	5 10 AM – Sit & Be Fit w/ Andrew (F) 11 AM – Sit & Be Fit w/ Caleb (F) 4 PM – Strength & Conditioning w/ Caleb (B)	6 10 AM – Sit & Be Fit w/ Caleb (F) 11 AM – Fit on your Feet w/ Caleb (F) 6:30 PM – Evening Stretch w/ Megan (T)	7 10 AM – Sit & Be Fit w/ Caleb (F) 11 AM – Sit & Be Fit w/ Caleb (F) 4:15 PM – Afternoon Stretching w/ Caleb (F)	8 10 AM – Sit & Be Fit w/ Andrew (F) 11 AM – Sit & Be Fit w/ Andrew (F) 4:15 PM – Balance Class w/ Andrew (F) <i>Caleb off</i>	9 <i>NO PAL PROGRAMS TODAY.</i> <i>Caleb off</i>
10 <i>NO PAL PROGRAMS TODAY.</i> <i>Caleb off</i>	11 <i>NO PAL PROGRAMS TODAY.</i> <i>Caleb off</i>	12 10 AM – Sit & Be Fit w/ Andrew (F) 11 AM – Sit & Be Fit w/ Caleb (F) 4 PM – Strength & Conditioning w/ Caleb (B)	13 10 AM – Sit & Be Fit w/ Caleb (F) 11 AM – Fit on your Feet w/ Caleb (F) 4:15 PM – Balance Class w/ Caleb (F)	14 10 AM – Sit & Be Fit w/ Caleb (F) 11 AM – Sit & Be Fit w/ Caleb (F) 4:15 PM – Afternoon Stretching w/ Caleb (F)	15 <i>Happy Birthday Andrew!</i> 10 AM – Sit & Be Fit w/ Andrew (F) 11 AM – Sit & Be Fit w/ Andrew (F) 4:15 PM – Balance Class w/ Andrew (F) <i>Caleb off</i>	16 10 AM – Sit & Be Fit w/ Caleb (F) 11 AM – Fit on your Feet w/ Caleb (F)
17 ST PATRICK'S DAY 10 AM – Morning Stretching w/ Caleb (F) 4 PM – Strength & Conditioning w/ Caleb (B)	18 10 AM – Sit & Be Fit w/ Caleb (F) 11 AM – Fit on your Feet w/ Caleb (F) 4:15 PM – Balance Class w/ Caleb (F)	19 10 AM – Sit & Be Fit w/ Andrew (F) 11 AM – Sit & Be Fit w/ Caleb (F) 4 PM – Strength & Conditioning w/ Caleb (B)	20 10 AM – Sit & Be Fit w/ Caleb (F) 11 AM – Fit on your Feet w/ Caleb (F) 4:15 PM – Balance Class w/ Caleb (F)	21 10 AM – Sit & Be Fit w/ Caleb (F) 11 AM – Sit & Be Fit w/ Caleb (F) 4:15 PM – Afternoon Stretching w/ Caleb (F)	22 10 AM – Sit & Be Fit w/ Andrew (F) 11 AM – Sit & Be Fit w/ Andrew (F) 4:15 PM – Balance Class w/ Andrew (F) <i>Caleb off</i>	23 <i>NO PAL PROGRAMS TODAY.</i> <i>Caleb off</i>
24 <i>NO PAL PROGRAMS TODAY.</i> <i>Caleb off</i>	25 10 AM – Sit & Be Fit w/ Caleb (F) 11 AM – Fit on your Feet w/ Caleb (F) 4:15 PM – Balance Class w/ Caleb (F)	26 10 AM – Sit & Be Fit w/ Andrew (F) 11 AM – Sit & Be Fit w/ Caleb (F) 4 PM – Strength & Conditioning w/ Caleb (B)	27 10 AM – Sit & Be Fit w/ Caleb (F) 11 AM – Fit on your Feet w/ Caleb (F) 4:15 PM – Balance Class w/ Caleb (F) 6:30 PM – Evening Stretch w/ Megan (T)	28 10 AM – Sit & Be Fit w/ Caleb (F) 11 AM – Sit & Be Fit w/ Caleb (F) 4:15 PM – Afternoon Stretching w/ Caleb (F)	29 GOOD FRIDAY <i>NO PAL PROGRAMS TODAY.</i> <i>Andrew and Caleb off</i>	30 10 AM – Sit & Be Fit w/ Caleb (F) 11 AM – Fit on your Feet w/ Caleb (F)
31 EASTER SUNDAY 10 AM – Morning Stretching w/ Caleb (F) 4 PM – Strength & Conditioning w/ Caleb (B)	<p>As a reminder, <i>please always check the daily poster boards</i> on Main Street for any changes to the schedule/room location.</p> <p><i>Sign-up is not required to attend any PAL programs.</i></p>					