



MARCH 2023

Exercise Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9:15 Sit Down, Tone Up (East) 9:15 Chair Yoga (West)	2 9:15 Posture (East)	3 9:15 Sit Down, Tone Up (East) 9:15 Sit Down, Tone Up (West)	4
5	6 9:15 Sit Down, Tone Up (East) 9:15 Posture (West)	7 9:15 Chair Yoga (East) 9:15 Sit Down, Tone Up (West)	8 9:15 Sit Down, Tone Up (East) 9:15 Chair Yoga (West)	9 9:15 Posture (East)	10 9:15 Sit Down, Tone Up (East) 9:15 Sit Down, Tone Up (West)	5
12	13 9:15 Sit Down, Tone Up (East) 9:15 Posture (West)	14 9:15 Chair Yoga (East) 9:15 Sit Down, Tone Up (West)	15 9:15 Sit Down, Tone Up (East) 9:15 Chair Yoga (West)	16 9:15 Posture (East)	17 9:15 Sit Down, Tone Up (East) 9:15 Sit Down, Tone Up (West)	6
19	20 9:15 Sit Down, Tone Up (East) 9:15 Posture (West)	21 9:15 Chair Yoga (East) 9:15 Sit Down, Tone Up (West)	22 9:15 Sit Down, Tone Up (East) 9:15 Chair Yoga (West)	23 9:15 Posture (East)	24 9:15 Sit Down, Tone Up (East) 9:15 Sit Down, Tone Up (West)	7
26	27 9:15 Sit Down, Tone Up (East) 9:15 Posture (West)	28 9:15 Chair Yoga (East) 9:15 Sit Down, Tone Up (West)	29 9:15 Sit Down, Tone Up (East) 9:15 Chair Yoga (West)	30 9:15 Posture (East)	31 9:15 Sit Down, Tone Up (East) 9:15 Sit Down, Tone Up (West)	