

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

MARCH

Program for Active Living

<p>2 10:00 Morning Stretching (F) 4:15 Strength and Conditioning (B)</p>	<p>3 10:00 Sit and Be Fit (F) 11:00 Fit on Your Feet (F) 4:00 Nordic Poles (T)</p>	<p>4 10:00 Sit and Be Fit (F) 11:00 Sit and Be Fit (F) 2:40 Balance Bars (Sign Up) 4:15 Yoga/Tai Chi (F) 4:15 Strength and Conditioning (B)</p>	<p>5 10:00 Sit and Be Fit (F) 11:00 Smoothie Making (H) 3:00 Drop in Fitness (B) 4:15 Standing Strong (F)</p>	<p>6 10:00 Sit and Be Fit (F) 11:00 Fit on Your Feet (F) 1:30 Williamsburg East 4:15 Yoga/Tai Chi (F) 4:15 Strength and Conditioning (B)</p>	<p>7 10:00 Sit and Be Fit (F) 11:00 Sit and Be Fit (F) 4:15 Standing Strong (F)</p>	<p>1 10:00 Sit and Be Fit (F) 11:00 Fit on Your Feet (F)</p>
<p>9 10:00 Morning Stretching (F) 4:15 Strength and Conditioning (B)</p>	<p>10 10:00 Sit and Be Fit (F) 11:00 Fit on Your Feet (F) 4:00 Nordic Poles (T)</p>	<p>11 10:00 Sit and Be Fit (F) 11:00 Sit and Be Fit (F) 2:40 Balance Bars (Sign Up) 4:15 Yoga/Tai Chi (F) 4:15 Strength and Conditioning (B)</p>	<p>12 10:00 Sit and Be Fit (F) 4:15 Standing Strong (F)</p>	<p>13 10:00 Sit and Be Fit (F) 4:15 Yoga/Tai Chi (F)</p>	<p>14 10:00 Sit and Be Fit (F) 11:00 Sit and Be Fit (F) 4:15 Standing Strong (F)</p>	<p>15 No PAL Programs</p>
<p>16 No PAL Programs</p>	<p>17 St. Partick's Day 10:00 Sit and Be Fit (F) 11:00 Fit on Your Feet (F) 4:00 Nordic Poles (T)</p>	<p>18 10:00 Sit and Be Fit (F) 11:00 Sit and Be Fit (F) 2:40 Balance Bars (Sign Up) 4:15 Yoga/Tai Chi (F) 4:15 Strength and Conditioning (B)</p>	<p>19 10:00 Sit and Be Fit (F) 11:00 Healthy Treat Making (H) 3:00 Drop in Fitness (B) 4:15 Standing Strong (F)</p>	<p>20 9:30 Swimming (Sign up) 10:00 Sit and Be Fit (F) 4:15 Yoga/Tai Chi (F) 4:15 Strength and Conditioning (B)</p>	<p>21 10:00 Sit and Be Fit (F) 11:00 Sit and Be Fit (F) 4:15 Standing Strong (F)</p>	<p>22 10:00 Sit and Be Fit (F) 11:00 Fit on Your Feet (F)</p>
<p>23 10:00 Morning Stretching (F) 4:15 Strength and Conditioning (B)</p>	<p>24 10:00 Sit and Be Fit (F) 11:00 Fit on Your Feet (F) 4:00 Nordic Poles</p>	<p>25 10:00 Sit and Be Fit (F) 11:00 Sit and Be Fit (F) 4:15 Yoga/Tai Chi (F) 4:15 Strength and Conditioning (B)</p>	<p>26 No PAL Programs</p>	<p>27 9:30 Swimming (Sign up) 10:00 Sit and Be Fit (F) 1:30 Williamsburg East 4:15 Yoga/Tai Chi (F) 4:15 Strength and Conditioning (B)</p>	<p>28 10:00 Sit and Be Fit (F) 11:00 Sit and Be Fit (F) 4:15 Standing Strong (F)</p>	<p>29 10:00 Sit and Be Fit (F) 11:00 Fit on Your Feet (F)</p>
<p>30 10:00 Morning Stretching (F) 4:15 Strength and Conditioning (B)</p>	<p>31 10:00 Sit and Be Fit (F) 11:00 Fit on Your Feet (F) 4:00 Nordic Poles</p>	<p>*Please Always check the daily poster boards on Main Street for any changes to the schedule</p>		<p>F— Florence Meares Seniors Center T—Town Hall B – Basement C— Cafe H - Hobby Shop</p>	<p>PAL Coordinators (Ext. 1887) Melanie Dimitrovski, R.Kin Bhavini Mistry</p>	