

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# MARCH

## Program for Active Living



<b>2</b>	<b>3</b> 10:00 Total Body Fitness- K 11:00 Total Body Fitness- S 2:45 Hand therapy- K 3:00 Fun and Fitness - A 3:00 Fun and Fitness - R	<b>4</b> 10:00 Total Body Fitness - Str 11:00 Total Body Fitness - N&T 3:30 Total Body Fitness - E	<b>5</b> 10:00 Total Body Fitness - A 3:00 Fun and Fitness - K 3:30 Taichi - H	<b>6</b> 10:00 Total Body Fitness - N&T 11:00 Total Body Fitness - H 3:30 Taichi - Str	<b>7</b> 10:00 Total Body Fitness - R 11:00 Total Body Fitness - S 2:45 Hand Therapy - A	<b>8</b>
<b>9</b>	<b>10</b> 10:00 Total Body Fitness- K 11:00 Total Body Fitness- S 2:45 Hand therapy- H 3:00 Fun and Fitness - A 3:00 Fun and Fitness - R	<b>11</b> 10:00 Total Body Fitness - Str 11:00 Total Body Fitness - N&T 3:30 Total Body Fitness - E	<b>12</b> 10:00 Total Body Fitness - A 3:00 Fun and Fitness - K 3:30 Taichi - H	<b>13</b> 10:00 Total Body Fitness - N&T 11:00 Total Body Fitness - H 3:30 Taichi - Str	<b>14</b> 10:00 Total Body Fitness - R 11:00 Total Body Fitness - S 2:45 Hand Therapy - E	<b>15</b>
<b>16</b>	<b>17</b> 10:00 Total Body Fitness- K 11:00 Total Body Fitness- S 2:45 Hand therapy- N&T 3:00 Fun and Fitness - A 3:00 Fun and Fitness - R	<b>18</b> 10:00 Total Body Fitness - Str 11:00 Total Body Fitness - N&T 3:30 Total Body Fitness - E	<b>19</b> 10:00 Total Body Fitness - A 3:00 Fun and Fitness - K 3:30 Taichi - H	<b>20</b> 10:00 Total Body Fitness - N&T 11:00 Total Body Fitness - H 3:30 Taichi - Str	<b>21</b> 10:00 Total Body Fitness - R 11:00 Total Body Fitness - S 2:45 Hand Therapy - Str	<b>22</b>
<b>23</b>	<b>24</b> 10:00 Total Body Fitness- K 11:00 Total Body Fitness- S 2:45 Hand therapy- K 3:00 Fun and Fitness - A 3:00 Fun and Fitness - R	<b>25</b> 10:00 Total Body Fitness - Str 11:00 Total Body Fitness - N&T 3:30 Total Body Fitness - E	<b>26</b> 10:00 Total Body Fitness - A 3:00 Fun and Fitness - K 3:30 Taichi - H	<b>27</b> 10:00 Total Body Fitness - N&T 11:00 Total Body Fitness - H 3:30 Taichi - Str	<b>28</b> 10:00 Total Body Fitness - R 11:00 Total Body Fitness - S 2:45 Hand Therapy - A	<b>29</b>
<b>30</b>	<b>31</b> 10:00 Total Body Fitness- K 11:00 Total Body Fitness- S 2:45 Hand therapy- H 3:00 Fun and Fitness - A 3:00 Fun and Fitness - R					

**Legend**

E - Eby	K - Kingsdale
N&T - Newberry & Trussler	S - Sandhills
Str- Strasburg	W - Waldau
A - Aberdeen	H - Haysville
R - Roseville	

