

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

MARCH

Program for Active Living



<p>2 OPEN GYM DAY!</p>	<p>3 9:30 Morning Stretch (FC) 1:30 SMART Classes (JS)</p>	<p>4 10:00 Balance class (JS) 3:30 Hand Therapy (JS)</p>	<p>5 10:00 Video Zumba (EG) 1:30 Exercise Class (JS)</p>	<p>6 1:30 Stretching (FC)</p>	<p>7 10:00 Balance class (JS)</p>	<p>1 9:30 Morning Stretch (FC)</p>
<p>9 OPEN GYM DAY!</p>	<p>10 9:30 Morning Stretch (FC) 1:30 SMART Classes (JS)</p>	<p>11 10:00 Balance class (JS) 3:30 Hand Therapy (JS)</p>	<p>12 10:00 Video Zumba (EG) 1:30 Exercise Class (JS)</p>	<p>13 1:30 Tai Chi (JS)</p>	<p>14 10:00 Balance class (JS)</p>	<p>8 9:30 Morning Stretch (FC)</p>
<p>16 OPEN GYM DAY!</p>	<p>17 St. Patrick's Day 🍀 9:30 Morning Stretch (FC) 1:30 SMART Classes (JS)</p>	<p>18 10:00 Balance class (JS) 3:30 Hand Therapy (JS)</p>	<p>19 10:00 Video Zumba (EG) 2:00 Zumba (JS)</p>	<p>20 1:30 Stretching (JS)</p>	<p>21 10:00 Balance class (JS)</p>	<p>15 9:30 Morning Stretch (FC)</p>
<p>23 OPEN GYM DAY!</p>	<p>24 9:30 Morning Stretch (FC) 1:30 SMART Classes (JS)</p>	<p>25 10:00 Balance class (JS) 3:30 Hand Therapy (JS)</p>	<p>26 10:00 Video Zumba (EG) 3:30 Zumba (EG)</p>	<p>27 1:30 Tai Chi (JS)</p>	<p>28 10:00 Balance class (JS)</p>	<p>22 9:30 Morning Stretch (FC)</p>
<p>30 OPEN GYM DAY!</p>	<p>31 9:30 Morning Stretch (FC) 1:30 SMART Classes (JS)</p>	<p>29 9:30 Morning Stretch (FC)</p>				

Legend
 (FC)- Fitness Center
 (JS) - John Sweeney
 EG) Egerton

Michael T Sharratt
program for
active living