


# MARCH 2025

| Monday   | Tuesday   | Wednesday   | Thursday  | Friday  |
|--|---|---|---|---|
| <b>3</b><br>8:15 Fitness<br>9:00 Fitness<br>10:30 Exercising with therapy<br>2:30 Combo Yoga                         | <b>4</b><br>10:00 Water Fitness<br>10:30 Combo Yoga<br>11:00 Bone Builders<br>1:00 Sit and B Fit<br>1:30 Tai Chi  | <b>5</b><br>8:15 Fitness<br>9:00 Fitness<br>10:00 Seated Flow<br>2:00 Exercising with therapy   | <b>6</b><br>9:15 Seated Yoga<br>10:00 Water Fitness<br>10:30 Combo Yoga<br>11:00 Bone Builders<br>1:00 BBB-<br>(Brain, Body, Balance) | <b>6</b><br>8:15 Fitness<br>9:00 Fitness<br>10:00 Water in Motion<br>2:00 Meditation  |
| <b>10</b><br>8:15 Fitness<br>9:00 Fitness<br>10:30 Exercising with therapy<br>2:30 Combo Yoga                        | <b>11</b><br>10:00 Water Fitness<br>10:30 Combo Yoga<br>11:00 Bone Builders<br>1:00 Sit and B Fit<br>1:30 Tai Chi | <b>12</b><br>8:15 Fitness<br>9:00 Fitness<br>10:00 Seated Flow<br>2:00 Exercising with therapy  | <b>13</b><br>9:15 Seated Yoga<br>10:00 Water Fitness<br>10:30 Combo Yoga<br>11:00 Bone Builders<br>1:00 BBB                           | <b>14</b><br>8:15 Fitness<br>9:00 Fitness<br>10:00 Water in Motion<br>2:00 Meditation |
| <b>17</b> HAPPY ST. PATRICKS DAY<br>8:15 Fitness<br>9:00 Fitness<br>10:30 Exercising with therapy<br>2:30 Combo Yoga | <b>18</b><br>10:00 Water Fitness<br>10:30 Combo Yoga<br>11:00 Bone Builders<br>1:00 Sit and B Fit<br>1:30 Tai Chi | <b>19</b><br>8:15 Fitness<br>9:00 Fitness<br>10:00 Seated Flow<br>2:00 Exercising with therapy  | <b>20</b><br>9:15 Seated Yoga<br>10:00 Water Fitness<br>10:30 Combo Yoga<br>11:00 Bone Builders<br>1:00 BBB                           | <b>21</b><br>8:15 Fitness<br>9:00 Fitness<br>10:00 Water in Motion<br>2:00 Meditation |
| <b>24</b><br>8:15 Fitness<br>9:00 Fitness<br>10:30 Exercising with therapy<br>2:30 Combo Yoga                        | <b>25</b><br>10:00 Water Fitness<br>10:30 Combo Yoga<br>11:00 Bone Builders<br>1:00 Sit and B Fit<br>1:30 Tai Chi | <b>26</b><br>8:15 Fitness<br>9:00 Fitness<br>10:00 Seated Flow<br>2:00 Exercising with therapy  | <b>27</b><br>9:15 Seated Yoga<br>10:00 Water Fitness<br>10:30 Combo Yoga<br>11:00 Bone Builders<br>1:00 BBB                           | <b>28</b><br>8:15 Fitness<br>9:00 Fitness<br>10:00 Water in Motion<br>2:00 Meditation |
| <b>31</b><br>8:15 Fitness<br>9:00 Fitness<br>10:30 Exercising with therapy<br>2:30 Combo Yoga                        |                                | >Classes in <b>RED</b> will be held at the <b>Lakeside Essence Lounge</b> .<br>>Classes in <b>BLUE</b> will be held at the <b>Oakside Group Exercise Room</b><br>> <b>Meditation held in the Chapel</b> |   |   |

