

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
March 2016		1 Dance Aerobics 8am - 9:15am Aquacize 10:15am - 11:15am Painting Class 10am - 12pm Movie @ 2pm Line Dancing 6pm - 7pm ZUMBA & YOGA 7pm & 8pm	2 Interval Training 8am - 9am Absolutely Chair 12:30pm - 1:30pm Movie @ 2pm Children's Dance 5pm - 6pm Rabbi Yossi @ 7pm Piloxing 7pm - 8pm	3 Low Impact 8am - 9am Beg. Yoga w/ Doris 10:30am - 11:30am Bingo @ 2pm Tea & Talk @ 3pm Yoga w/ Joy 4:15pm ZUMBA 7pm - 8pm Yoga 8pm - 9pm	4 Lite n' Lively 9:30am - 10:30am Movie @ 4pm & 8pm	5 Low Impact 8am - 9am Body Sculpting 9am - 10am Aquacize 9:30am - 10:30am Movie @1pm	
	6 Tai Ji 9am - 10am	7 Lite n Lively 9:30am - 10:30am Meditation Class 10:30am - 10:50 Adult Coloring @3pm Pilates 7:30pm - 8:30pm	8 Dance Aerobics 8am - 9:15am Aquacize 10:15am - 11:15am Movie @ 2pm Line Dancing 6pm - 7pm ZUMBA & YOGA 7pm & 8pm	9 Interval Training 8am - 9am Absolutely Chair 12:30pm - 1:30pm Movie @ 2pm Children's Dance 5pm - 6pm Piloxing 7pm - 8pm Comedy Night w John Pizzi @7:30pm	10 Low Impact 8am - 9am Beg. Yoga w/ Doris 10:30am - 11:30am Bingo @ 2pm Tea & Talk @ 3pm Yoga w/ Joy 4:15pm ZUMBA 7pm - 8pm Yoga 8pm - 9pm	11 Lite n' Lively 9:30am - 10:30am Movie @ 4pm & 8pm	12 Low Impact 8am - 9am Body Sculpting 9am - 10am Aquacize 9:30am - 10:30am Movie @1pm Italian Night 7:30pm
	13 Tai Ji 9am - 10am Bingo 2pm	14 Lite n' Lively 9:30am - 10:30am Meditation Class 10:30am - 10:50am Adult Coloring @3pm Pilates 7:30pm - 8:30pm	15 Dance Aerobics 8am - 9:15am Aquacize 10:15am - 11:15am Painting Class 10am - 12pm Movie @ 2pm Line Dancing 6pm - 7pm ZUMBA & YOGA 7pm & 8pm	16 Interval Training 8am - 9am Absolutely Chair 12:30pm - 1:30pm Movie @ 2pm Children's Dance 5pm - 6pm Piloxing 7pm - 8pm	17 Low Impact 8am - 9am Beg. Yoga w/ Doris 10:30am - 11:30am Bingo @ 2pm Tea & Talk @ 3pm Yoga w/ Joy 4:15pm Book Club 7:30pm ZUMBA @7pm Yoga @8pm	18 Lite n' Lively 9:30am - 10:30am Movie @ 4pm & 8pm	19 Low Impact 8am - 9am Body Sculpting 9am - 10am Aquacize 9:30am - 10:30am Movie @1pm
	20 Tai Ji 9am - 10am St. Patrick's Day Luncheon 1pm - 4pm	21 Lite n' Lively 9:30am - 10:30am Meditation Class 10:30am - 10:50am Adult Coloring @3pm Pilates 7:30pm - 8:30pm	22 Dance Aerobics 8am - 9:15am Aquacize 10:15am - 11:15am Movie @ 2pm Line Dancing 6pm - 7pm ZUMBA & YOGA 7pm & 8pm	23 Interval Training 8am - 9am Absolutely Chair 12:30pm - 1:30pm Movie @ 2pm Children's Dance 5pm - 6pm Piloxing 7pm - 8pm	24 Low Impact 8am - 9am Beg. Yoga w/ Doris 10:30am - 11:30am Bingo @ 2pm Tea & Talk @ 3pm Yoga w/ Joy 4:15pm ZUMBA @7pm Yoga @8pm	25 Lite n' Lively 9:30am - 10:30am Movie @ 4pm & 8pm Duplicate Bridge @7pm	26 Low Impact 8am - 9am Body Sculpting 9am - 10am Aquacize 9:30am - 10:30am Movie @1pm
	27 Tai Ji 9am - 10am Bingo 2pm	28 Lite n' Lively 9:30am - 10:30am Meditation Class 10:30am - 10:50am Adult Coloring @3pm Pilates 7:30pm - 8:30pm	29 Dance Aerobics 8am - 9:15am Aquacize 10:15am - 11:15am Movie @ 2pm Line Dancing 6pm - 7pm ZUMBA & YOGA 7pm & 8pm	30 Interval Training 8am - 9am Absolutely Chair 12:30pm - 1:30pm Movie @ 2pm Children's Dance 5pm - 6pm Piloxing 7pm - 8pm	31 Low Impact 8am - 9am Beg. Yoga w/ Doris 10:30am - 11:30am Bingo @ 2pm Tea & Talk @ 3pm Yoga w/ Joy 4:15pm Yiddish Club 7pm ZUMBA 7pm - 8pm Yoga 8pm - 9pm		