| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------------------|---|--------------------------------------|--|--|------------------------------------|-------------------------------------|
| | | 1 | 2 | 3 | 4 | 5 |
| | | Dance Aerobics | Interval Training | Low Impact 8am - 9am | Lite n' Lively | Low Impact |
| | | 8am - 9:15am Aquacize | 8am - 9am Absolutely Chair | | 9:30am - 10:30am | 8am - 9am |
| March | 2016 | 10:15am - 11:15am | 12:30pm - 1:30pm | Beg. Yoga w/ Doris 10:30am - 11:30am | Movie @ 4pm & | Body Sculpting |
| iviai oi | 2010 | Painting Class 10am - 12pm | Movie @ 2pm | Bingo @ 2pm | 8pm | 9am - 10am Aquacize |
| | | Movie @ 2pm | Children's Dance 5pm - 6pm | Tea & Talk @ 3pm Yoga w/ Joy 4:15pm | | 9:30am - 10:30ar |
| | | Line Dancing | Rabbi Yossi @ 7pm | | | Movie @1pm |
| | | 6pm - 7pm ZUMBA & YOGA | Piloxing | ZUMBA 7pm - 8pm | | movio @ ipin |
| | | 7pm & 8pm | 7pm - 8pm | Yoga 8pm - 9pm | | |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| Tai Ji 9am - 10am | Lite n Lively 9:30am - 10:30am | Dance Aerobics 8am - 9:15am | Interval Training 8am - 9am | Low Impact 8am - 9am | Lite n' Lively 9:30am - 10:30am | Low Impact 8am - 9am |
| | Meditation Class | Aquacize | Absolutely Chair | Beg. Yoga w/ Doris | | |
| | 10:30am - 10:50 | 10:15am - 11:15am | 12:30pm - 1:30pm | 10:30am - 11:30am | Movie @ 4pm & | Body Sculpting |
| | Adult Coloring | Movie @ 2pm | Movie @ 2pm | Bingo @ 2pm | 8pm | 9am - 10am Aquacize |
| | @3pm | Line Dancing | Children's Dance 5pm - 6pm | Tea & Talk @ 3pm Yoga w/ Joy 4:15pm | | 9:30am - 10:30ai |
| | Pilates | 6pm - 7pm | Piloxing | ZUMBA | | Movie @1pm |
| | 7:30pm - 8:30pm | ZUMBA & YOGA 7pm & 8pm | 7pm - 8pm | 7pm - 8pm | | Italian Night |
| | | | Comedy Night w | Yoga 8pm - 9pm | | 7:30pm |
| | | | John Pizzi @7:30pm | | | |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| Tai Ji | Lite n' Lively | Dance Aerobics | Interval Training | Low Impact | Lite n' Lively | Low Impact |
| 9am - 10am | 9:30am - 10:30am | 8am - 9:15am | 8am - 9am | 8am - 9am | 9:30am - 10:30am | 8am - 9am |
| Bingo | Meditation Class 10:30am - 10:50am | Aquacize 10:15am - 11:15am | Absolutely Chair 12:30pm - 1:30pm | Beg. Yoga w/ Doris 10:30am - 11:30am | Movie @ 4pm & | Body Sculpting |
| 2pm | Adult Coloring @3pm | Painting Class 10am - 12pm | Movie @ 2pm Children's Dance | Bingo @ 2pm Tea & Talk @ 3pm | 8pm | Aquacize 9:30am - 10:30ai |
| | Pilates | Movie @ 2pm | 5pm - 6pm Piloxing | Yoga w/ Joy 4:15pm | | Movie @1pm |
| | 7:30pm - 8:30pm | Line Dancing | 7pm - 8pm | Book Club 7:30pm | | movio @ ipin |
| | | 6pm - 7pm | | ZUMBA @7pm | | |
| | | ZUMBA & YOGA 7pm & 8pm | | Yoga @8pm | | |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| Tai Ji | Lite n' Lively | Dance Aerobics | Interval Training | Low Impact 8am - 9am | Lite n' Lively | Low Impact |
| 9am - 10am | 9:30am - 10:30am | 8am - 9:15am | 8am - 9am | | 9:30am - 10:30am | 8am - 9am |
| St. Patrick's Day | Meditation Class 10:30am - 10:50am | Aquacize 10:15am - 11:15am | Absolutely Chair 12:30pm - 1:30pm | Beg. Yoga w/ Doris 10:30am - 11:30am | Movie @ 4pm & | Body Sculpting |
| Luncheon | Adult Coloring | 10.134111 - 11.134111 | Movie @ 2pm | Bingo @ 2pm | 8pm | 9am - 10am |
| 1pm - 4pm | @3pm | Movie @ 2pm | Children's Dance | Tea & Talk @ 3pm | Duplicate Bridge | Aquacize |
| וווקד - וווקו | Pilates | Line Dancing | 5pm - 6pm | Yoga w/ Joy 4:15pm | @7pm | 9:30am - 10:30ar |
| | 7:30pm - 8:30pm | 6pm - 7pm ZUMBA & YOGA | Piloxing 7pm - 8pm | ZUMBA @7pm Yoga @8pm | | Movie @1pm |
| 27 | 28 | 7pm & 8pm 29 | 30 | 31 | | |
| Tai Ji | Lite n' Lively | Down 1 | | Low Impact | | |
| | 9:30am - 10:30am | Dance Aerobics 8am - 9:15am | Interval Training 8am - 9am | 8am - 9am | | |
| 9am - 10am | Meditation Class | Aquacize | Absolutely Chair | Beg. Yoga w/ Doris 10:30am - 11:30am | | |
| | 40.00 40.55 | | 12:30pm - 1:30pm | Bingo @ 2pm | | |
| 9am - 10am Bingo | 10:30am - 10:50am | 10:15am - 11:15am | 12.30pm - 1.30pm | ((// / () | | |
| | 10:30am - 10:50am Adult Coloring @3pm | | Movie @ 2pm | Tea & Talk @ 3pm | | |
| Bingo | Adult Coloring | 10:15am - 11:15am Movie @ 2pm | Movie @ 2pm Children's Dance | | | |
| Bingo | Adult Coloring @3pm | Movie @ 2pm Line Dancing | Movie @ 2pm | Tea & Talk @ 3pm Yoga w/ Joy 4:15pm Yiddish Club 7pm | | |
| Bingo | Adult Coloring @3pm Pilates | Movie @ 2pm | Movie @ 2pm Children's Dance 5pm - 6pm | Tea & Talk @ 3pm Yoga w/ Joy 4:15pm | | |