

2018 MARCH



Mo	Tu	We	Th	Fr	Sa	Su
26	27	28	1	2	3	4
5 9:30AM-Total Body Workout 9:30AM-Aqua Aerobics 12PM-Chairobics	6 9:30AM-Circuit Training 12PM-Forever Young Joints 3PM-Chair Yoga	7 9:30AM-Total Body Workout 10:30AM-Balance & Fall Prevention 12PM-Chairobics 1:30PM-A Step Ahead - Balance Exercise	8 9:30AM-Circuit Training 9:30AM-Aqua Aerobics 12PM-Forever Young Joints	9 9:30AM-Total Body Workout 10:30AM-Balance & Fall Prevention 12PM-Chairobics 3PM-Line Dancing Class	10	11
12 9:30AM-Total Body Workout 9:30AM-Aqua Aerobics 12PM-Chairobics	13 9:30AM-Circuit Training 12PM-Forever Young Joints 3PM-Chair Yoga	14 9:30AM-Total Body Workout 10:30AM-Balance & Fall Prevention 12PM-Chairobics 1:30PM-A Step Ahead - Balance Exercise	15 9:30AM-Circuit Training 9:30AM-Aqua Aerobics 12PM-Forever Young Joints	16 9:30AM-Total Body Workout 10:30AM-Balance & Fall Prevention 12PM-Chairobics 3PM-Line Dancing Class	17	18
19 9:30AM-Total Body Workout 9:30AM-Aqua Aerobics 12PM-Chairobics	20 9:30AM-Circuit Training 12PM-Forever Young Joints 3PM-Chair Yoga	21 9:30AM-Total Body Workout 10:30AM-Balance & Fall Prevention 12PM-Chairobics 1:30PM-A Step Ahead - Balance Exercise	22 9:30AM-Circuit Training 9:30AM-Aqua Aerobics 12PM-Forever Young Joints	23 9:30AM-Total Body Workout 10:30AM-Balance & Fall Prevention 12PM-Chairobics 3PM-Line Dancing Class	24	25
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2	3	4	5	6	7	8