

# March 2019 Exercise Classes



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30AM - <b>TOTAL BODY WORKOUT</b> - EXERCISE ROOM 1015 - MATT	9:30AM - <b>CIRCUIT TRAINING - CURVES GYM</b> MATT	9:30AM - <b>TOTAL BODY WORKOUT</b> - EXERCISE ROOM 1015 - MATT	9:30AM - <b>CIRCUIT TRAINING - CURVES GYM -</b> MATT	9:30AM - <b>TOTAL BODY WORKOUT</b> - EXERCISE ROOM 1015 - MATT
9:30AM - <b>AQUA AEROBICS</b> - POOL- SULEKHA	10AM - <b>PILATES/ ABS FLOOR WORK CLASS</b> - 1015 - SULEKHA	10:30AM - <b>BALANCE AND FALL PREVENTION</b> - EXERCISE ROOM 1015 -MATT	11AM - <b>TAI CHI FOR ARTHRITIS AND FALL PREVENTION</b> - EXERCISE ROOM 1015 - SULEKHA	10:30AM - <b>BALANCE and FALL PREVENTION</b> - EXERCISE ROOM 1015 - MATT
12PM - <b>CHAIROBICS</b> - EXERCISE ROOM 1015 - MATT	12PM - <b>FOREVER YOUNG JOINTS</b> - EXERCISE ROOM 1015 - MATT	12PM - <b>CHAIROBICS</b> - EXERCISE ROOM 1015 - MATT	12PM - <b>FOREVER YOUNG JOINTS</b> - EXERCISE ROOM 1015 - MATT	12PM - <b>CHAIROBICS</b> - EXERCISE ROOM 1015 - MATT
	3PM - <b>CHAIR YOGA</b> - EXERCISE ROOM 1015 - SULEKHA	1:30PM - <b>A STEP AHEAD - BALANCE EXERCISE</b> - EXERCISE ROOM 1015 - DEREK		3PM - <b>LINE DANCING CLASS</b> - EXERCISE ROOM 1015 - SULEKHA