




# Fitness Calendar - March 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Call Brenda at extension 1482 to get help</p>				<p><i>1</i> 9:00 Balance Class - TH 9:00 AquaLite - Pool</p>	<p><i>2</i> 11:00 AquaFit - Pool 3:30 Sit &amp; Fit - TH 4:00 Qigong - TH</p>	<p><i>3</i> 9:00 Posture Fix - TH 1:00 AquaLite - Pool</p>
<i>4</i>	<p><i>5</i> 9:00 Sit &amp; Fit - TH 11:00 AquaFit - Pool 3:30 Sit &amp; Fit - TH 4:00 Qigong - TH</p>	<p><i>6</i> 9:00 Balance Class - TH 9:00 AquaLite - Pool 1:30 Posture Fix - TH 2:00 Circuit Training - FC</p>	<p><i>7</i> 11:00 AquaFit - Pool 1:00 AquaLite - Pool 3:30 Sit &amp; Fit - TH 4:00 Qigong - TH</p>	<p><i>8</i> 9:00 Balance Class - TH 9:00 AquaLite - Pool 2:00 Circuit Training - FC</p>	<p><i>9</i> 10:30 AquaZumba - Pool 11:00 AquaFit - Pool 3:30 Sit &amp; Fit - TH 4:00 Qigong - TH</p>	<p><i>10</i> 9:00 Posture Fix - TH 1:00 AquaLite - Pool</p>
<i>11</i>	<p><i>12</i> 9:00 Sit &amp; Fit - TH 11:00 AquaFit - Pool 3:30 Sit &amp; Fit - TH 4:00 Qigong - TH</p>	<p><i>13</i> 9:00 Balance Class - TH 9:00 AquaLite - Pool 1:30 Posture Fix - TH 2:00 Circuit Training - FC</p>	<p><i>14</i> 9:00 Fit &amp; Active - TH 11:00 AquaFit - Pool 1:00 AquaLite - Pool</p>	<p><i>15</i> 9:00 Balance Class - TH 9:00 AquaLite - Pool</p>	<p><i>16</i> 10:30 AquaZumba - Pool 11:00 AquaFit - Pool 3:30 Sit &amp; Fit - TH 4:00 Qigong - TH</p>	<p><i>17</i> 9:00 Posture Fix - TH 1:00 AquaLite - Pool</p>
<i>18</i>	<p><i>19</i> 9:00 Sit &amp; Fit - TH 11:00 AquaFit - Pool 3:30 Sit &amp; Fit - TH 4:00 Qigong - TH</p>	<p><i>20</i> 9:00 Balance Class - TH 9:00 AquaLite - Pool 1:30 Posture Fix - TH 2:00 Circuit Training - FC</p>	<p><i>21</i> 11:00 AquaFit - Pool 1:00 AquaLite - Pool 3:30 Sit &amp; Fit - TH 4:00 Qigong - TH</p>	<p><i>22</i> 9:00 Balance Class - TH 9:00 AquaLite - Pool 2:00 Circuit Training - FC</p>	<p><i>23</i> 11:00 AquaFit - Pool 3:30 Sit &amp; Fit - TH 4:00 Qigong - TH</p>	<p><i>24</i> 9:00 Posture Fix - TH 1:00 AquaLite - Pool</p>
<i>25</i>	<p><i>26</i> 9:00 Sit &amp; Fit - TH 11:00 AquaFit - Pool 3:30 Sit &amp; Fit - TH 4:00 Qigong - TH</p>	<p><i>27</i> 9:00 Balance Class - TH 9:00 AquaLite - Pool 1:30 Posture Fix - TH 2:00 Circuit Training - FC</p>	<p><i>28</i> 9:00 Fit &amp; Active - TH 11:00 AquaFit - Pool 1:00 AquaLite - Pool 3:30 Sit &amp; Fit - TH 4:00 Qigong - TH</p>	<p><i>29</i> 9:00 Balance Class - TH 9:00 AquaLite - Pool</p>	<p><i>30</i> 11:00 AquaFit - Pool 3:30 Sit &amp; Fit - TH 4:00 Qigong - TH</p>	<p><i>31</i> 9:00 Posture Fix - TH 1:00 AquaLite - Pool</p>