

# March 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b>
<b>2</b>	<b>3</b> *7:45am TRX 8:30am Circuit Training 4 seniors 9:00am SS Circuit 5:30pm Power Hour	<b>4</b> *7:45am TRX-Beginners 8:30am Beginners Chair Yoga 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Tai Chi 6:30pm 20/20/20*	<b>5</b> *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	<b>6</b> 8:30am Beginners Chair Yoga 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Power Hour 6:30pm 20/20/20*	<b>7</b> 7:45am TRX 8:30am Circuit Training 4 Seniors 9:00am SS Circuit 9am-12pm <i>Pickleball</i> <b>10:00am-3:00pm OARD-McGalliard Falls</b> 5pm-8pm <i>Pickleball</i>	<b>8</b>
<b>9</b> <b>Fitness Room Hours:</b> M-F 5:30am-8:30pm Sat. 7:00am-6:00pm Sun. CLOSED	<b>10</b> *7:45am TRX 8:30am Circuit Training 4 seniors 9:00am SS Circuit 5:30pm Power Hour	<b>11</b> *7:45am TRX-Beginners 8:30am Beginners Chair Yoga 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Tai Chi 6:30pm 20/20/20*	<b>12</b> *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	<b>13</b> 8:30am Beginners Chair Yoga 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Power Hour 6:30pm 20/20/20*	<b>14</b> 7:45am TRX 8:30am Circuit Training 4 Seniors 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i> 5:30pm Tai Chi	<b>15</b>
<b>16</b>	<b>17</b>  *7:45am TRX 8:30am Circuit Training 4 seniors 9:00am SS Circuit 5:30pm Power Hour	<b>18</b> *7:45am TRX-Beginners 8:30am Beginners Chair Yoga 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Tai Chi 6:30pm 20/20/20*	<b>19</b> *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	<b>20</b> 8:30am Beginners Chair Yoga 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Power Hour 6:30pm 20/20/20*	<b>21</b>  7:45am TRX 8:30am Circuit Training 4 Seniors 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i> 5:30pm Tai Chi	<b>22</b>
<b>23</b>	<b>24</b> *7:45am TRX 8:30am Circuit Training 4 seniors 9:00am SS Circuit 5:30pm Power Hour	<b>25</b> *7:45am TRX-Beginners 8:30am Beginners Chair Yoga 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Tai Chi 6:30pm 20/20/20*	<b>26</b> *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	<b>27</b> 8:30am Beginners Chair Yoga 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Power Hour 6:30pm 20/20/20*	<b>28</b> 7:45am TRX 8:30am Circuit Training 4 Seniors 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i> 5:30pm Tai Chi	<b>29</b>
<b>30</b>	<b>31</b> *7:45am TRX 8:30am Circuit Training 4 seniors 9:00am SS Circuit 5:30pm Power Hour					