

SUN MON TUE WED THUR FRI SAT

<p>1:00 Wellness Center Open 1-5pm</p> <p>1</p>	<p>9:00 Water Aerobics (P)</p> <p>9:30 Cardio Boxing (CC)</p> <p>11:00 Strength Training (V)</p> <p>2</p>	<p>9:00 Water Aerobics (P)</p> <p>1:30 Tai Chi (CC)</p> <p>4:00 Water Aerobics (P)</p> <p>4:30 Yoga (CC)</p> <p>3</p>	<p>7:00 Wellness Center Open 7am-7pm</p> <p>4</p>	<p>9:00 Water Aerobics (P)</p> <p>10:00 Zumba Gold (V)</p> <p>11:00 Strength Training (V)</p> <p>4:00 Water Aerobics (P)</p> <p>5</p>	<p>9:00 Water Aerobics (P)</p> <p>11:00 Balance & Flex (CC)</p> <p>6</p>	<p>7</p>	
<p>1:00 Wellness Center Open 1-5pm</p> <p>8</p>	<p>9:00 Water Aerobics (P)</p> <p>9:30 Cardio Boxing (CC)</p> <p>11:00 Strength Training (V)</p> <p>9</p>	<p>9:00 Water Aerobics (P)</p> <p>1:30 Tai Chi (CC)</p> <p>4:00 Water Aerobics (P)</p> <p>4:30 Yoga (CC)</p> <p>10</p>	<p>7:00 Wellness Center Open 7am-7pm</p> <p>11</p>	<p>9:00 Water Aerobics (P)</p> <p>10:00 Zumba Gold (V)</p> <p>11:00 Strength Training (V)</p> <p>4:00 Water Aerobics (P)</p> <p>12</p>	<p>9:00 Water Aerobics (P)</p> <p>11:00 Balance & Flex (CC)</p> <p>13</p>	<p>14</p>	
<p>1:00 Wellness Center Open 1-5pm</p> <p>15</p>	<p>9:00 Water Aerobics (P)</p> <p>9:30 Cardio Boxing (CC)</p> <p>11:00 Strength Training (V)</p> <p>16</p>	<p>9:00 Water Aerobics (P)</p> <p>1:30 Tai Chi (CC)</p> <p>4:00 Water Aerobics (P)</p> <p>4:30 Yoga (CC)</p> <p>17</p>	<p>7:00 Wellness Center Open 7am-7pm</p> <p>18</p>	<p>9:00 Water Aerobics (P)</p> <p>10:00 Zumba Gold (V)</p> <p>11:00 Strength Training (V)</p> <p>4:00 Water Aerobics (P)</p> <p>19</p>	<p>9:00 Water Aerobics (P)</p> <p>11:00 Balance & Flex (CC)</p> <p>20</p>	<p>21</p>	
<p>1:00 Wellness Center Open 1-5pm</p> <p>22</p>	<p>9:30 Cardio Boxing (CC)</p> <p>11:00 Strength Training (V)</p> <p>23</p>	<p>9:00 Water Aerobics (P)</p> <p>1:30 Tai Chi (CC)</p> <p>4:30 Yoga (CC)</p> <p>24</p>	<p>7:00 Wellness Center Open 7am-7pm</p> <p>25</p>	<p>9:00 Water Aerobics (P)</p> <p>10:00 Zumba Gold (V)</p> <p>11:00 Strength Training (V)</p> <p>26</p>	<p>7:00 Wellness Center Open 7am-4pm</p> <p>27</p>	<p>28</p>	
<p>1:00 Wellness Center Open 1-5pm</p> <p>29</p>	<p>9:00 Water Aerobics (P)</p> <p>9:30 Cardio Boxing (CC)</p> <p>11:00 Strength Training (V)</p> <p>30</p>	<p>9:00 Water Aerobics (P)</p> <p>1:30 Tai Chi (CC)</p> <p>4:00 Water Aerobics (P)</p> <p>4:30 Yoga (CC)</p> <p>31</p>	<p>LOCATION KEY CC - Community Center P - Pool V - Villa Activity Room</p>				

March 2026

