

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

March 2025

