

March 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Nutrition Class @ Elders @ 11 AM	2	3
4 Spring Challenge Weigh In Week Yoga @ NOON -YC Elders Yoga@1:30	5 Spring Challenge Weigh In Week Elders Fitness @ 10:30 AM	6 Spring Challenge Weigh In Week Elders Yoga 10:30 Yoga @ NOON -YC	7 Spring Challenge Weigh In Week Massage Therapy	8 Spring Challenge Weigh In Week	9	10
11 Nutrition Class - YC @ 11 AM Yoga @ NOON-YC Elders Yoga @ 1:30PM	12 Massage Therapy Elders Fitness @ 10:30 AM	13 Elders Yoga 10:30 Yoga @ NOON -YC	14	15 Nutrition Class @ Elders @ 11 AM	16	17 Donut Dash 5K Fun Run
18 Yoga @ NOON -YC Elders Yoga @ 1:30PM	19 Elders Fitness @ 10:30 AM	20 Elders Yoga 10:30 Yoga @ NOON -YC	21 Massage Therapy	22	23	24
25 Nutrition Class - YC @ 11 AM Yoga @ NOON-YC Elders Yoga @ 1:30PM	26 Massage Therapy Elders Fitness @ 10:30 AM	27 Elders Yoga 10:30 Yoga @ NOON -YC	28	29	30	31
		NOTES: Nutrition Classes @ 11 AM, Black is at YC and Blue is at Elders				



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