

MARCH 2016

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
	<p>1 9-10:30 Men's Bible 9-10 Fitness for Everyone 11:30 Garden Club 1:30-3:00 Painting Pals</p>	<p>2 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise 12:40-1:20 Senior Fit Club 1:30-2:30 The Complete Mix</p>	<p>3 9-10 Fitness for Everyone</p>	<p>4 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF</p>
<p>7 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF 12:40-1:20 Senior Fit Club 1:30-2:30 The Complete Mix</p> <p>6:00 Line Dancing</p>	<p>8 9-10:30 Men's Bible 9-10 Fitness for Everyone 10:15—11:00 ZUMBA GOLD 1:30-3:00 Painting Pals</p>	<p>9 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise 11-12 Fall-Proof/Tai Chi Club 12:40-1:20 Senior Fit Club 1:30-2:30 The Complete Mix</p>	<p>10 9-10 Fitness for Everyone</p> <p>10:00 FINANCIAL HOUSEKEEPING</p>	<p>11 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga for FFF</p> <p><u>12 Saturday</u> 9-5 SELF-DEFENSE</p>
<p>14 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF 12:40-1:20 Senior Fit Club 1:30-2:30 The Complete Mix 1:30-3:00 Thread, Yarn, Crochet, & Coffee 6:00 Line Dancing</p>	<p>15 9-10:30 Men's Bible 9-10 Fitness for Everyone 10:15—11:00 ZUMBA GOLD 1:30-3:00 Painting Pals</p>	<p>16 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise 11-12 Fall-Proof/Tai-Chi Club 12:40-1:20 Senior Fit Club 1:30-2:30 The Complete Mix 1-5 SELF-DEFENSE</p>	<p>17 9-10 Fitness for Everyone 1-5 SELF-DEFENSE</p> <p>4:00 Savannah Trip Orientation</p>	<p>18 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF</p>
<p>21 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF 12:40-1:20 Senior Fit Club 1:30-2:30 The Complete Mix 6:00 Line Dancing</p>	<p>22 9-10:30 Men's Bible 9-10 Fitness for Everyone - 1:30-3:00 Painting Pals</p>	<p>23 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise 11-12 Fall-Proof/Tai-Chi Club 12:40-1:20 Senior Fit Club 1:30-2:30 The Complete Mix</p>	<p>24 9-10 Fitness for Everyone</p> <p>1-4 Bridge</p>	<p>25 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF</p>

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<p>28 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF 12:40-1:20 Senior Fit Club 1:30-2:30 The Complete Mix 6:00 Line Dancing</p>	<p>29 9-10:30 Men's Bible 9-10 Fitness for Everyone - 1:30-3:00 Painting Pals</p>	<p>30 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise 11-12 Fall-Proof/Tai-Chi 12:40-1:20 Senior Fit Club 1:30-2:30 The Complete Mix</p>	<p>31 9-10 Fitness for Everyone</p>	
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