

March 2023-Silver Sneakers

	Mon	Tue	Wed	Thu	Fri	Sat
			1 10 – 10:45 Classic Jodee	2 10 – 10:45 Yoga Maria	3 10 – 10:45 Circuit Jodee	4
5	6 10 – 10:45 Classic Jodee	7 10 – 10:45 Circuit Deb	8 10 – 10:45 Classic Jodee	9 10 – 10:45 <i>circuit</i> Maria	10 10 – 10:45 Yoga Brian/Jodee	11
12	13 10 – 10:45 Classic Jodee	14 10 – 10:45 Yoga Brian/maria	15 10 – 10:45 Classic Jodee	16 10 – 10:45 <i>yoga</i> Classic Maria	17 10 – 10:45 Circuit Deb	18
19	20 10 – 10:45 Classic Jodee	21 <i>yoga</i> 10 – 10:45 Circuit Maria	22 10 – 10:45 Classic Deb	23 <i>Circuit</i> 10 – 10:45 Yoga Maria	24 10 – 10:45 Yoga Brian	25
26	27 10 – 10:45 Classic Deb	28 10 – 10:45 Yoga Brian	29 10 – 10:45 Classic Jodee	30 10 – 10:45 Yoga Maria	31 10 – 10:45 Circuit Jodee	