


March 2024-Silver Sneakers

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

April 2024-Silver Sneakers

					Fri	Sat
	1 10 – 10:45 Classic Deb	2 10 – 10:45 Yoga Maria	3 10 – 10:45 Classic Lisa	4 10 – 10:45 Yoga Brian	5 10 – 10:45 Circuit Jodee	6
7	8 10 – 10:45 Classic Deb	9 10 – 10:45 Yoga Maria	10 10 – 10:45 Classic Lisa	11 10 – 10:45 Circuit Jodee	12 10 – 10:45 Yoga Brian	13
14	15 10 – 10:45 Classic Deb	16 10 – 10:45 Circuit Lisa	17 10 – 10:45 Classic Lisa	18 10 – 10:45 Yoga Brian	19 10 – 10:45 Circuit Jodee	20
21	22 10 – 10:45 Classic Deb	23 10 – 10:45 Circuit Lisa	24 10 – 10:45 Classic Lisa	25 10 – 10:45 Circuit Jodee	26 10 – 10:45 Yoga Brian	27
28	29 10 – 10:45 Classic Deb	30 10 – 10:45 Circuit Lisa				