



SUN	MON	TUE	WED	THUR	FRI	SAT
FITNESS						WEAR YOUR NAME BADGE TODAY! 9:00 AM STRONG SENIORS-Resident Run (RFC Studio) 10:00 AM OPEN PICKLEBALL-Resident Run (RFC Studio) 10:15 AM TRAIL WALK-Resident Run (V Lobby)
10:00 AM OPEN PICKLEBALL-Resident Run (RFC Studio) 2	8:00 AM INDOOR CYCLING-Staff/Resident (RFC Studio) 3 9:00 AM DANCE FIT (RFC Studio) 9:50 AM MEN'S STRETCH-IL/AL (RFC Studio) 10:00 AM STAY STRONG-AL (MAL MStudio) 10:30 AM YOGA w/ Julie-Staff/Resident (RFC Studio) 11:40 AM BALANCE WORKS-Maintenance (by appt only) (RFC Studio) 12:30 PM CHAIR DANCE AL/IL (RFC Studio) 1:15 PM CARDIO DRUMMING-IL Group (RFC Studio)	9:00 AM STRONG SENIORS-Resident Run (RFC Studio) 4 9:45 AM TRADITIONAL TAI CHI (RFC Studio) 10:00 AM MOVE & GROOVE-AL (MAL DR North) 10:30 AM MOVE FREE (RFC Studio) 11:30 AM BALANCE WORKS-L1 (By appointment only) (RFC Studio) SURE STEP (VH) 11:45 AM 1:00 PM BALANCE WORKS-L2 (by appointment only) (RFC Studio)	9:00 AM CARDIO FIT (RFC Studio) 5 10:30 AM MEN'S STRETCH-IL/AL (RFC Studio) 10:30 AM PING PONG-Resident Run (VGR) 11:00 AM NATURE BATHING NEAR THE POOL (Pool) 11:00 AM PARKINSON'S SUPPORT GROUP (VH) GUIDED MEDITATION-Resident Run (RFC Studio) 12:00 PM 2:00 PM TAI CHI THERAPY with Pam (VH) 2:00 PM OPEN PICKLEBALL-Resident Run (RFC Studio)	9:00 AM STRONG SENIORS-Resident Run (RFC Studio) 6 9:45 AM TRADITIONAL TAI CHI (RFC Studio) 10:30 AM MOVE FREE (RFC Studio) 11:00 AM SURE STEP (MAL DR North) 11:30 AM LINE DANCING w/ DEB (RFC Studio) 1:00 PM BALANCE WORKS-L2 (by appointment only) (RFC Studio) SILENT MEDITATION-Resident Run (RFC Studio) 4:15 PM	9:00 AM CARDIO FIT (RFC Studio) 7 10:15 AM YOGA -Resident Run P.Cappy (RFC Studio) 11:30 AM BALANCE WORKS-L1 (By appointment only) (RFC Studio) 11:45 AM SURE STEP (VH) 1:00 PM CHESS LEARN & PLAY (MLR)	9:00 AM STRONG SENIORS-Resident Run (RFC Studio) 8 10:00 AM OPEN PICKLEBALL-Resident Run (RFC Studio) 10:15 AM TRAIL WALK-Resident Run (V Lobby)
Daylight Savings Time Begins 10:00 AM OPEN PICKLEBALL-Resident Run (RFC Studio) 9	8:00 AM INDOOR CYCLING-Staff/Resident (RFC Studio) 10 9:00 AM DANCE FIT (RFC Studio) 9:50 AM MEN'S STRETCH-IL/AL (RFC Studio) 10:00 AM STAY STRONG-AL (MAL MStudio) 10:30 AM YOGA w/ Julie-Staff/Resident (RFC Studio) 11:40 AM BALANCE WORKS-Maintenance (by appt only) (RFC Studio) 12:30 PM CHAIR DANCE AL/IL (RFC Studio) 1:15 PM CARDIO DRUMMING-IL Group (RFC Studio) 2:00 PM CARDIO DRUMMING-IL/MC Group (RFC Studio)	9:00 AM STRONG SENIORS-Resident Run (RFC Studio) 11 9:45 AM TRADITIONAL TAI CHI (RFC Studio) 10:00 AM MOVE & GROOVE-AL (MAL DR North) 10:30 AM MOVE FREE (RFC Studio) 11:30 AM BALANCE WORKS-L1 (By appointment only) (RFC Studio) SURE STEP (VH) 11:45 AM 1:00 PM BALANCE WORKS-L2 (by appointment only) (RFC Studio)	9:00 AM CARDIO FIT (RFC Studio) 12 10:30 AM MEN'S STRETCH-IL/AL (RFC Studio) 10:30 AM SHENANIGANS AL/IL (MAL DR North) 10:30 AM PING PONG-Resident Run (VGR) 12:00 PM GUIDED MEDITATION-Resident Run (RFC Studio) 2:00 PM TAI CHI THERAPY with Pam (VH) 2:00 PM OPEN PICKLEBALL-Resident Run (RFC Studio)	9:00 AM STRONG SENIORS-Resident Run (RFC Studio) 13 9:00 AM COMFORT DOG "TJ" TODAY! (RFC) 9:45 AM TRADITIONAL TAI CHI (RFC Studio) 10:30 AM MOVE FREE (RFC Studio) 11:00 AM SURE STEP (MAL DR North) 1:00 PM BALANCE WORKS-L2 (by appointment only) (RFC Studio) SILENT MEDITATION-Resident Run (RFC Studio) 4:15 PM	9:00 AM CARDIO FIT (RFC Studio) 14 10:15 AM YOGA -Resident Run P.Cappy (RFC Studio) 11:30 AM BALANCE WORKS-L1 (By appointment only) (RFC Studio) 11:45 AM SURE STEP (VH) 1:00 PM CHESS LEARN & PLAY (MLR)	9:00 AM STRONG SENIORS-Resident Run (RFC Studio) 15 10:00 AM OPEN PICKLEBALL-Resident Run (RFC Studio) 10:15 AM TRAIL WALK-Resident Run (V Lobby) 12:00 PM ACCESSIBLE YOGA (RFC Studio)
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March 2025

Fitness

Phone 603.924.0033 x647. Dates, times, locations are subject to change.

