




March Strong Sterling

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>WALK & TALK</p>  <p>Mon & Thurs 11:30 Meet on the track</p>		<p>For cancellations please check your email or Facebook.</p>	<p>Chair Yoga 9:15 w/Dawn (C)</p> <p>Silver Circuit 9:15 w/Heather Court 1</p> 	1
3	<p>BoomMove 8:15 w/Heather (GF)</p> <p>BoomMuscle 9:15 w/Heather (GF)</p> <p>Chair Yoga 9:15 w/Dawn (AB)</p> <p>Silver Classic 12:00 w/Janice Court 1</p>	<p>Zumba 9:15 w/Rebecca (GF)</p> <p>Silver Yoga 9:15 w/Sue (AB)</p>	<p>Silver Circuit 9:15 w/Heather Court 1</p> <p>Silver Yoga 10:15 w/Sue (AB)</p>	<p>Zumba 9:15 w/Rebecca (GF)</p> <p>Tai Chi 10:15 w/Fawn (AB)</p> <p>Silver Classic 12:00 w/Janice Court 1</p>	<p>Chair Yoga 9:15 w/Dawn (C)</p> <p>Silver Circuit 9:15 w/Heather Court 1</p>	9
10	<p>Zumba 8:15 w/Rebecca (GF)</p> <p>Chair Yoga 9:15 w/Dawn (AB)</p> <p>Silver Classic 12:00 w/Janice Court 1</p>	<p>Zumba 9:15 w/Rebecca (GF)</p> <p>Silver Yoga 9:15 w/Sue (AB)</p>	<p>Silver Circuit 9:15 w/Heather Court 1</p> <p>Beginner Yoga 10:15 w/Dawn (AB)</p>	<p>Zumba 9:15 w/Rebecca (GF)</p> <p>Tai Chi 10:15 w/Fawn (AB)</p> <p>Silver Classic 12:00 w/Janice Court 1</p>	<p>Chair Yoga 9:15 w/Dawn (C)</p> <p>Silver Circuit 9:15 w/Heather Court 1</p>	16
17	<p>BoomMove 8:15 w/Heather (GF)</p> <p>BoomMuscle 9:15 w/Heather (GF)</p> <p>Chair Yoga 9:15 w/Dawn (AB)</p> <p>Silver Classic 12:00 w/Sue Court 1</p>	<p>Zumba 9:15 w/Rebecca (GF)</p> <p>Silver Yoga 9:15 w/Sue (AB)</p>	<p>Silver Circuit 9:15 w/Heather Court1</p> <p>Silver Yoga 10:15 w/Sue (AB)</p>	<p>Zumba 9:15</p> <p>Tai Chi 10:15</p> <p>Silver Classic 12:00</p> <p>Senior Social Canasta w/ Chris 1:15</p>	<p>Chair Yoga 9:15 w/Dawn (C)</p> <p>Silver Circuit 9:15 w/Heather Court 1</p> 	23
24	<p>BoomMove 8:15 w/Heather (GF)</p> <p>BoomMuscle 9:15 w/Heather (GF)</p> <p>Chair Yoga 9:15 w/Dawn (AB)</p> <p>Silver Classic 12:00 w/Janice Court 1</p>	<p>Zumba 9:15 w/Rebecca (GF)</p> <p>Silver Yoga 9:15 w/Sue (AB)</p>	<p>Silver Circuit 9:15 w/Heather Court 1</p> <p>Tai Chi 10:15 w/Fawn(AB)</p>	<p>Zumba 9:15 w/Rebecca (GF)</p> <p>Tai Chi 10:15 w/Fawn(AB)</p> <p>Silver Classic 12:00 w/Janice Court1</p>	<p>Chair Yoga 9:15 w/Dawn (C)</p> <p>Silver Circuit 9:15 w/Heather Court 1</p> 