




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 Stretch/appt 10 Fitness Class 11 Sittercise 1 Stretch/appt 2 Balance 3 Eval by appt	2 9:30 Stretch/appt 10 Fitness Class 11 Sittercise 1 Stretch/appt 2 Balance 3 Eval by appt	3 9:30 Acquacise 10 Yoga 11 Eval 1 Cardio 1:30 Laughter yoga 3 Stretch/appt	4 9:30 Stretch/appt 10 Fitness class 11 Sittercize 1 Stretch/appt 2 Volleyball 3 Balance	5 9:30 Stretch/appt 10 Yoga 1 Stretch/appt 3 Stretch/Appt	6 9:20 Tai Chi 10 Fitness class 11 Sittercise 1 Stretch/appt 2 Card game 3 Balance	7 9:30 Acquacize 11 Yoga tv 2 Aerobics 3 Volleyball
8 9:30 Stretch/appt 10 Fitness Class 11 Sittercise 1 Stretch/appt 2 Balance 3 Eval by appt	9 9:30 Stretch/appt 10 Fitness Class 11 Sittercise 1 Stretch/appt 2 Balance 3 Eval by appt	10 9:30 Acquacise 10 Yoga 11 Eval 1 Step Aerobics 1:30 Laughter yoga 3 Stretch/appt	11 9:30 Stretch/appt 10 Fitness class 11 Sittercize 1 Stretch/appt 2 Volleyball 3 Balance	12 9:30 Stretch/appt 10 Yoga 1 Stretch/appt 1 Step Aerobics 3 Stretch/Appt	13 9:20 Tai chi 10 Fitness class 11 Sittercise 1 Stretch/appt 2 Card game 3 Balance	14 9:30 Acquacize 11 Yoga tv 2 Aerobics 3 Volleyball
15 9:30 Stretch/appt 10 Fitness class 11 Sittercise 1 Stretch/appt 2 Balance 3 Eval by appt	16 9:30 Stretch/appt 10 Fitness class 11 Sittercise 1 Stretch/appt 2 Balance 3 Eval by appt	17 9:30 Acquacize 10 Yoga 11:30 St. Patrick's Day 1 Cardio 1:30 Laughter Yoga 3 Stretch/appt 	18 9:30 Stretch/appt 10 Fitness class 11 Sittercise 2 Volleyball 3 Balance	19 9:30 Stretch/appt 9:30 Aquasize 10 Yoga 1 Step Aerobics 3 Stretch/appt	20 9:20 Tai chi 10 Fitness class 11 Sittercise 1 Stretch/appt 2 Card game 3 Balance	21 9:30 Acquacize 11 Yoga tv 2 Aerobics 3 Volleyball
22 9:30 Stretch/appt 10 Fitness class 11 Sittercise 1 Stretch appt 2 Balance 3 Eval by appt	23 9:30 Stretch/appt 10 Fitness class 11 Sittercise 1 Stretch appt 2 Balance 3 Eval by appt	24 9:30 Acquacize 10 Yoga 11 Eval 1 Step Aerobics 1:30 Laughter yoga 3 Stretch/appt	25 9:30 Stretch/appt 10 Fitness class 11 Sittercise 2 Volleyball 3 Balance	26 9:30 Stretch/appt 9:30 Aquasize 10 Yoga 1 Step Aerobics 3 Stretch/appt	27 9:20 Tai Chi 10 Fitness class 11 Sittercize 1 Stretch/appt 2 Card game 3 Balance	28 9:30 Acquacize 11 Yoga tv 2 Aerobics 3 Volleyball
29 9:30 Stretch/appt 10 Fitness class 11 Sittercise 1 Stretch appt 2 Balance 3 Eval by appt	30 9:30 Stretch/appt 10 Fitness class 11 Sittercise 1 Stretch appt 2 Balance 3 Eval by appt	31 9:30 Acquacize 10 Yoga 11 Eval 1 Step Aerobics 1:30 Laughter yoga 3 Stretch/appt				