


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ROOM ASSIGNMENT CHANGES: PING PONG - HALL B/C YOGA - HALL D-2 FITNESS ROOM - HALL E SCHEDULE CHANGES: PING PONG - MON @ 2:00PM & THU @ 2:30PM CORN HOLE - MON @ 2:00PM & THU @ 2:30PM</p> <p>MARCH MADNESS KICK OFF MONDAY MARCH 13TH 10AM</p>		<p>1 9:15 DAILY EXERCISE 10:00-12pm ANGELS ABOVE 11:00 MOVING TO THE DRUMS 12:30 ZUMBA GOLD 1:30 BUNCO 4:00 YOGA</p>	<p>2 9:00-12pm ANGEL WINGS 9:15 PILATES - NEW TIME 10:30 CARDIO DRUMMING NEW TIME 11:45 CHAIR ZUMBA-NEW TIME 1:00 PINOCHLE 1:00 CHAIR YOGA 2:30 PING-PONG 2:30 CORN HOLE - NEW</p>	<p>3 9:15 DAILY EXERCISE 11:00 MOVING TO THE DRUMS 12:30 ZUMBA GOLD 2:00 SCREW YOUR NEIGHBOR-NEW</p> <p><i>FANTASY FOOTBALL FINAL PARTY 12:30PM</i></p>
<p>6 9:15 DAILY EXERCISE 10:00 INSTRUCTION FITNESS ROOM 11:00 MOVING TO THE DRUMS 12:30 ZUMBA GOLD 2:00 PING-PONG 2:00 CORN HOLE - NEW 4:00 YOGA</p>	<p>7 9:15 CARDIO DRUMMING 10:30 BEGINNING PILATES 11:30 CHAIR ZUMBA - NEW 1:00 EUCHRE 1:00 CHAIR YOGA 3:00 LINE DANCING</p>	<p>8 10:00-12pm ANGELS ABOVE 9:15 DAILY EXERCISE 11:00 MOVING TO THE DRUMS 12:30 ZUMBA GOLD 1:30 BUNCO 4:00 YOGA</p>	<p>9 9:00-12pm ANGEL WINGS 9:15 PILATES - NEW TIME 10:30 CARDIO DRUMMING NEW TIME 11:45 CHAIR ZUMBA-NEW TIME 1:00 PINOCHLE 1:00 CHAIR YOGA 2:30 PING-PONG 2:30 CORN HOLE - NEW</p>	<p>10 9:15 DAILY EXERCISE 11:00 MOVING TO THE DRUMS 12:30 ZUMBA GOLD 2:00 SCREW YOUR NEIGHBOR-NEW</p>
<p>13 9:15 DAILY EXERCISE 11:00 MOVING TO THE DRUMS 12:30 ZUMBA GOLD 2:00 PING-PONG 2:00 CORN HOLE - NEW 4:00 YOGA</p>	<p>14 9:15 CARDIO DRUMMING 10:30 BEGINNING PILATES 11:30 CHAIR ZUMBA - NEW 1:00 EUCHRE 1:00 CHAIR YOGA 3:00 LINE DANCING</p>	<p>15 9:15 DAILY EXERCISE 10:00-12pm ANGELS ABOVE 11:00 MOVING TO THE DRUMS 12:30 ZUMBA GOLD 1:30 BUNCO 4:00 YOGA</p>	<p>16 9:00-12pm ANGEL WINGS 9:15 PILATES - NEW TIME 10:30 CARDIO DRUMMING NEW TIME 11:45 CHAIR ZUMBA-NEW TIME 1:00 PINOCHLE 1:00 CHAIR YOGA 2:30 PING-PONG 2:30 CORN HOLE - NEW</p> <p><i>Attorney Gary Allen 2:00 pm</i></p>	<p>17 9:15 DAILY EXERCISE 11:00 MOVING TO THE DRUMS 12:30 ZUMBA GOLD 2:00 SCREW YOUR NEIGHBOR-NEW</p> <p><i>COMMUNITY TRIVIA 10:00 AM</i></p>
<p>20 9:15 DAILY EXERCISE 11:00 MOVING TO THE DRUMS 12:30 ZUMBA GOLD 2:00 PING-PONG 2:00 CORN HOLE - NEW 4:00 YOGA</p>	<p>21 9:15 CARDIO DRUMMING - NO CLASS 10:30 BEGINNING PILATES - NO CLASS 11:30 CHAIR ZUMBA - NEW 1:00 EUCHRE 1:00 CHAIR YOGA 3:00 LINE DANCING</p>	<p>22 9:15 DAILY EXERCISE 10:00-12pm ANGELS ABOVE 11:00 MOVING TO THE DRUMS 12:30 ZUMBA GOLD 1:30 BUNCO 4:00 YOGA</p>	<p>23 9:00-12pm ANGEL WINGS 9:15 PILATES - NO CLASS 10:30 CARDIO DRUMMING NEW TIME 11:45 CHAIR ZUMBA-NEW TIME 1:00 PINOCHLE 1:00 CHAIR YOGA 2:30 PING-PONG 2:30 CORN HOLE - NEW</p>	<p>24 9:15 DAILY EXERCISE 11:00 MOVING TO THE DRUMS 12:30 ZUMBA GOLD 2:00 SCREW YOUR NEIGHBOR-NEW</p>
<p>27 9:15 DAILY EXERCISE 11:00 MOVING TO THE DRUMS 12:30 ZUMBA GOLD 2:00 PING-PONG 2:00 CORN HOLE - NEW 4:00 YOGA</p>	<p>28 9:15 CARDIO DRUMMING 10:30 BEGINNING PILATES - NEW 11:30 CHAIR ZUMBA - NEW 1:00 EUCHRE 1:00 CHAIR YOGA 3:00 LINE DANCING</p>	<p>29 9:15 DAILY EXERCISE 10:00-12pm ANGELS ABOVE 11:00 MOVING TO THE DRUMS 12:30 ZUMBA GOLD 1:30 BUNCO 4:00 YOGA</p>	<p>30 9:00-12pm ANGEL WINGS 9:15 PILATES - NEW TIME 10:30 CARDIO DRUMMING NEW TIME 11:45 CHAIR ZUMBA-NEW TIME 1:00 PINOCHLE 1:00 CHAIR YOGA 2:30 PING-PONG 2:30 CORN HOLE - NEW</p>	<p>MOVING TO THE DRUMS WILL NOT HOLD MONDAY CLASSES FOR MONTHS OF MARCH & APRIL - REGULAR SCHEDULE WILL RESUME IN MAY</p>

MICHAEL P. LONDEAU,
MAYOR

MARCH 2023
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BARBARA MARCUM
DIRECTOR