

# March 2026



Monday	Tuesday	Wednesday	Thursday
2 Cardio Fit—9:30AM Aqua Fit—10:30AM PP	3 Cardio Drumming—10:00AM EZ Aqua—11:15AM IP	4 Chair Yoga—9:30AM Aqua Fit—10:30AM PP	5 Cardio Drumming—10:00AM Hydro Aquatics—11:15AM IP
9 Cardio Fit—9:30AM	10 Cardio Drumming—10:00AM EZ Aqua—11:15AM IP	11 Chair Yoga—9:30AM Aqua Fit—10:30AM PP	12 Cardio Drumming—10:00AM Hydro Aquatics—11:15AM IP
16 Cardio Fit—9:30AM Aqua Fit—10:30AM PP	17 Cardio Drumming—10:00AM EZ Aqua—11:15AM IP	18 Chair Yoga—9:30AM Aqua Fit—10:30AM PP	19 Cardio Drumming—10:00AM Hydro Aquatics—11:15AM IP
23 Cardio Fit—9:30AM	24 Cardio Drumming—10:00AM	25 Chair Yoga—9:30AM Aqua Fit—10:30AM PP	26 Cardio Drumming—10:00AM Hydro Aquatics—11:15AM IP
30 Cardio Fit—9:30AM Aqua Fit—10:30AM PP	31 Cardio Drumming—10:00AM EZ Aqua—11:15AM IP	<i>“Small efforts create powerful results.”</i>	