



Senior Program Schedule



Mar 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Note: Classes need to average a minimum of 10 people in order to remain on schedule.					1 9am - Zumba G w Mia	2
3	4 9am – Senior Yoga w Carol Ann 10am – Advanced Tai Chi w Earl 11.30am – Senior Fitness w Earl	5 8.30am - Tai Chi w Earl 9.30am – Zumba G w Mia	6 9am – Senior Yoga w Carol Ann	7 9am – Senior Fitness w Earl	8 9am - Zumba G w Mia 10am – Senior Yoga w Carol Ann	9
10	11 9am – Senior Yoga w Carol Ann 10am – Advanced Tai Chi w Earl 11.30am – Senior Fitness w Earl	12 8.30am - Tai Chi w Earl 9.30am – Zumba G w Mia	13 9am – Senior Yoga w Carol Ann	14 9am – Senior Fitness w Earl	15 9am - Zumba G w Mia 10am – Senior Yoga w Carol Ann	16
17	18 9am – Senior Yoga w Carol Ann 10am – Advanced Tai Chi w Earl 11.30am – Senior Fitness w Earl	19 8.30am - Tai Chi w Earl 9.30am – Zumba G w Mia	20 9am – Senior Yoga w Carol Ann	21 9am – Senior Fitness w Earl	22 9am - Zumba G w Mia 10am – Senior Yoga w Carol Ann	23
24	25 9am – Senior Yoga w Carol Ann 10am – Advanced Tai Chi w Earl 11.30am – Senior Fitness w Earl	26 8.30am - Tai Chi w Earl 9.30am – Zumba G w Mia	27 9am – Senior Yoga w Carol Ann	28 9am – Senior Fitness w Earl	29 9am - Zumba G w Mia 10am – Senior Yoga w Carol Ann	30

