



# Senior Program Schedule



Mar 2019

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

**Anytime Fitness Wesley Chapel 5941 Weddington Rd #107, NC, 28104 Ph: 704-821-0885**