



March

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---|-----------|--|---|--|
| | | | | 1 | 2 Kettle Bell 6:00-7:00 PM Stacy Center Bring kettle bells or hand weights | 3 Zumba Stacy Center 2:00-3:00 PM |
| 4 | 5 | 6 | 7 | 8 Open Swim- Adults Only-Please don't bring your children 6:00-7:00 PM | 9 | 10 |
| 11 | 12 | 13 Yoga Hal England Basement 6:00-7:00 | 14 | 1 Yoga Hal England Basement 6:00-7:00 | 16 | 17 |
| 18 | 19 Open week No activity Don't forget to visit the Dietician! | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 Healthy Cooking Hal England Basement 12:00-1:00 6:00-7:00 | 28 | 29 | 30 Health Department CLOSED | 31 |

