

# March Month-At-A-Glance

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> <b>11:00</b> Bal-Vis (A) & Nordic W (B) <b>11:30</b> Bal-Vis (B) & Nordic W (A) <b>12:15</b> Floor Work <b>1:00</b> In-Motion & F45 <b>2:00</b> Yoga	<b>2</b>	<b>3</b> <b>10:00</b> Education Hour <b>11:30</b> Fall Prevention 1 & 2 <b>11:30</b> F45 <b>11:30</b> Caregiver Group	<b>4</b>
<b>5</b>	<b>6</b> <b>11:30</b> Pool Aquatics <b>12:00</b> Cybex Training <b>12:30</b> Nordic Walking <b>1:00</b> In-Motion & F45 <b>2:00</b> Speech Therapy	<b>7</b>	<b>8</b> <b>11:00</b> Bal-Vis (A) & Nordic W (B) <b>11:30</b> Bal-Vis (B) & Nordic W (A) <b>12:15</b> Floor Work <b>1:00</b> In-Motion & F45 <b>2:00</b> Yoga	<b>9</b>	<b>10</b> <b>10:00</b> Empowerment <b>11:30</b> Fall Prevention 1 & 2 <b>11:30</b> F45 <b>11:30</b> Caregiver Group	<b>11</b> WSU - SPRING BREAK
<b>12</b> WSU - SPRING BREAK	<b>13</b> WSU - SPRING BREAK	<b>14</b> WSU - SPRING BREAK	<b>15</b> WSU - SPRING BREAK	<b>16</b> WSU - SPRING BREAK	<b>17</b> WSU - SPRING BREAK	<b>18</b> WSU - SPRING BREAK
	<b>11:30</b> Pool Aquatics <b>12:00</b> Cybex Training <b>12:30</b> Nordic Walking <b>1:00</b> In-Motion & F45 <b>2:00</b> Handwriting		<b>11:00</b> Bal-Vis (A) & Nordic W (B) <b>11:30</b> Bal-Vis (B) & Nordic W (A) <b>12:15</b> Floor Work <b>1:00</b> In-Motion & F45 <b>2:00</b> Yoga		<b>10:00</b> Empowerment <b>11:30</b> Fall Prevention 1 & 2 <b>11:30</b> F45 <b>11:30</b> Caregiver Group	
<b>19</b> WSU - SPRING BREAK <b>5k Run/Walk</b> 5k: 8:00 a.m. 1&2 mile: 9:30 a.m. @Old Cowtown Museum	<b>20</b> <b>11:30</b> Pool Aquatics <b>12:00</b> Cybex Training <b>12:30</b> Nordic Walking <b>1:00</b> In-Motion & F45 <b>2:00</b> Speech Therapy	<b>21</b>	<b>22</b> <b>11:00</b> Bal-Vis (A) & Nordic W (B) <b>11:30</b> Bal-Vis (B) & Nordic W (A) <b>12:15</b> Floor Work <b>1:00</b> In-Motion & F45 <b>2:00</b> Yoga	<b>23</b>	<b>24</b> <b>10:00</b> Empowerment <b>11:30</b> Fall Prevention 1 & 2 <b>11:30</b> F45 <b>11:30</b> Caregiver Group	<b>25</b>
<b>26</b>	<b>27</b> <b>11:30</b> Pool Aquatics <b>12:00</b> Cybex Training <b>12:30</b> Nordic Walking <b>1:00</b> In-Motion & F45 <b>2:00</b> Handwriting	<b>28</b>	<b>29</b> <b>11:00</b> Bal-Vis (A) & Nordic W (B) <b>11:30</b> Bal-Vis (B) & Nordic W (A) <b>12:15</b> Floor Work <b>1:00</b> In-Motion & F45 <b>2:00</b> Yoga	<b>30</b>	<b>31</b> <b>10:00</b> Empowerment <b>11:30</b> Fall Prevention 1 & 2 <b>11:30</b> F45 <b>11:30</b> Caregiver Group	