



# March 2019 Social Hall Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> 8:30am - 9:15am <b>SilverSneakers</b> 9:30am - 10:15am <b>Group Strength</b> 6:15pm - 7:00pm <b>Group Strength</b>	<b>2</b> 7am-7:50am <b>Spin Class</b> 12:00pm - 1:00pm <b>Adult Martial Arts</b> 1:00pm - 2:00pm <b>Youth Martial Arts</b>
<b>3</b> Open	<b>4</b> 8:30am - 9:15am <b>SilverSneakers</b> 9:30am - 10:15am <b>Group Strength</b> 10:15am - 11:15am <b>Cardio Kickboxing</b> 6:15pm - 7:00pm <b>Group Strength</b>	<b>5</b> 6:30pm - 7:30pm <b>Cardio Kickboxing</b>	<b>6</b> 8:30am - 9:15am <b>SilverSneakers</b> 9:30am - 10:15am <b>Group Strength</b> 6:15pm - 7:00pm <b>Group Strength</b>	<b>7</b> 6:00pm - 6:45pm <b>Tiny Tikes</b> <b>Tumbling</b> 7:00pm - 7:35pm <b>TABATA</b>	<b>8</b> 8:30am - 9:15am <b>SilverSneakers</b> 9:30am - 10:15am <b>Group Strength</b> 6:15pm - 7:00pm <b>Group Strength</b>	<b>9</b> 7am-7:50am <b>Spin Class</b> 12:00pm - 1:00pm <b>Adult Martial Arts</b> 1:00pm - 2:00pm <b>Youth Martial Arts</b>
<b>10</b> Open	<b>11</b> 8:30am - 9:15am <b>SilverSneakers</b> 9:30am - 10:15am <b>Group Strength</b> 10:15am - 11:15am <b>Cardio Kickboxing</b> 6:15pm - 7:00pm <b>Group Strength</b>	<b>12</b> 6:30pm - 7:30pm <b>Cardio Kickboxing</b>	<b>13</b> 8:30am - 9:15am <b>SilverSneakers</b> 9:30am - 10:15am <b>Group Strength</b> 6:15pm - 7:00pm <b>Group Strength</b>	<b>14</b> 6:00pm - 6:45pm <b>Tiny Tikes</b> <b>Tumbling</b> 7:00pm - 7:35pm <b>TABATA</b>	<b>15</b> 8:30am - 9:15am <b>SilverSneakers</b> 9:30am - 10:15am <b>Group Strength</b> 6:15pm - 7:00pm <b>Group Strength</b>	<b>16</b> 7am-7:50am <b>Spin Class</b> 12:00pm - 1:00pm <b>Adult Martial Arts</b> 1:00pm - 2:00pm <b>Youth Martial Arts</b>
<b>17</b> Open 	<b>18</b> 8:30am - 9:15am <b>SilverSneakers</b> 9:30am - 10:15am <b>Group Strength</b> 10:15am - 11:15am <b>Cardio Kickboxing</b> 6:15pm - 7:00pm <b>Group Strength</b>	<b>19</b> 6:30pm - 7:30pm <b>Cardio Kickboxing</b>	<b>20</b> 8:30am - 9:15am <b>SilverSneakers</b> 9:30am - 10:15am <b>Group Strength</b> 6:15pm - 7:00pm <b>Group Strength</b>	<b>21</b> 6:00pm - 6:45pm <b>Tiny Tikes</b> <b>Tumbling</b> 7:00pm - 7:35pm <b>TABATA</b>	<b>22</b> 8:30am - 9:15am <b>SilverSneakers</b> 9:30am - 10:15am <b>Group Strength</b> 6:15pm - 7:00pm <b>Group Strength</b>	<b>23</b> 7am-7:50am <b>Spin Class</b> 12:00pm - 1:00pm <b>Adult Martial Arts</b> 1:00pm - 2:00pm <b>Youth Martial Arts</b>
<b>24</b> Open	<b>25</b> 8:30am - 9:15am <b>SilverSneakers</b> 9:30am - 10:15am <b>Group Strength</b> 10:15am - 11:15am <b>Cardio Kickboxing</b> 6:15pm - 7:00pm <b>Group Strength</b>	<b>26</b> 6:30pm - 7:30pm <b>Cardio Kickboxing</b>	<b>27</b> 8:30am - 9:15am <b>SilverSneakers</b> 9:30am - 10:15am <b>Group Strength</b> 6:15pm - 7:00pm <b>Group Strength</b>	<b>28</b> 6:00pm - 6:45pm <b>Tiny Tikes</b> <b>Tumbling</b> 7:00pm - 7:35pm <b>TABATA</b>	<b>29</b> 8:30am - 9:15am <b>SilverSneakers</b> 9:30am - 10:15am <b>Group Strength</b> 6:15pm - 7:00pm <b>Group Strength</b>	<b>30</b> 7am-7:50am <b>Spin Class</b> 12:00pm - 1:00pm <b>Adult Martial Arts</b> 1:00pm - 2:00pm <b>Youth Martial Arts</b>

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Open

**Times not designated are for "Open Use"  
However, the schedule could change  
without prior notice.**