

March The Cottage

2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Zumba w/ Lena 3:30	Zumba w/ Carol 3:30	Zumba w/ Lena 3:30	Zumba w/ Lena 3:30		
8	9	10	11	12	13	14
		Exercise Balls w/ Carol 3:30	Zumba w/ Lena 3:30	Zumba w/ Junko 3:30		
15	16	17	18	19	20	21
			Zumba w/ Lena 3:30	Zumba w/ Junko 3:30		
22	23	24	25	26	27	28
		Exercise Balls w/Carol 3:30		Zumba w/ Junko 3:30		
29	30	31				



		Zumba w/ Carol 3:30				
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Cascade Living Group

The Difference Between Living and Living Well