

March

2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
9:30 Cardio/Balance with Laurie	7:00 Ever fit Open gym 8:00 Gym Equip. Training 9:30 Exercise W/Lodge 11:00 Sit and Lift W/Alan 1:00 Beanbag Baseball	7:00 Ever fit Open Gym 8:00 Gym Equip. Training 10:00 Cardio/Balance W/Alan 11:00 Tai-Chi W/Mitch 1:00 Water Aerobics	7:00 Eve fit Open gym 8:00 Gym Equip. Training 11:00 Sit and Lift 1:00 Beanbag Baseball	7:00 Ever fit Open gym 8:00 Gym Equip. Training 9:30 Staying Strong-Lodge 11:00 Water Activity 1:30 Sit and Lift	7:00 Ever fit Open gym 8:00 Gym Equip. Training 10:00 Beanbag Baseball 2:00 Walking Club	
8	9	10	11	12	13	14
9:30 Cardio/Balance with Laurie	7:00 Ever fit Open gym 8:00 Gym Equip. Training 9:30 Exercise W/Lodge 11:00 Sit and Lift W/Alan 1:00 Beanbag Baseball	7:00 Ever fit Open Gym 8:00 Gym Equip. Training 10:00 Cardio/Balance W/Alan 11:00 Tai-Chi W/Mitch 1:00 Water Aerobics	7:00 Eve fit Open gym 8:00 Gym Equip. Training 11:00 Sit and Lift 1:00 Beanbag Baseball	7:00 Ever fit Open gym 8:00 Gym Equip. Training 9:30 Staying Strong-Lodge 11:00 Water Activity 1:30 Sit and Lift	7:00 Ever fit Open gym 8:00 Gym Equip. Training 10:45 Yoga/Balance W/Laurie 1:30 Game Vs Sommerset	
15	16	17	18	19	20	21
9:30 Cardio/Balance with Laurie	7:00 Ever fit Open gym 8:00 Gym Equip. Training 9:30 Exercise W/Lodge 11:00 Sit and Lift W/Alan 1:00 Beanbag Baseball	7:00 Ever fit Open Gym 8:00 Gym Equip. Training 10:00 Cardio/Balance Alan 11:00 Tai-Chi W/Mitch 1:00 Water Aerobics	7:00 Eve fit Open gym 8:00 Gym Equip. Training 11:00 Sit and Lift 1:00 Beanbag Baseball	7:00 Ever fit Open gym 8:00 Gym Equip. Training 9:30 Staying Strong-Lodge 11:00 Water Activity 1:30 Sit and Lift	7:00 Ever fit Open gym 8:00 Gym Equip. Training 10:00 Beanbag Baseball 10:45 Yoga/Balance W/Laurie 2:00 Walking Club	
22	23	24	25	26	27	28
9:30 Cardio/Balance with Laurie	7:00 Ever fit Open gym 8:00 Gym Equip. Training 9:30 Exercise W/Lodge 11:00 Sit and Lift W/Alan 1:00 Beanbag Baseball	7:00 Ever fit Open Gym 8:00 Gym Equip. Training 10:00 Cardio/Balance W/Alan 11:00 Tai-Chi W/Mitch 1:00 Water Aerobics	7:00 Eve fit Open gym 8:00 Gym Equip. Training 11:00 Sit and Lift 1:00 Beanbag Baseball	7:00 Ever fit Open gym 8:00 Gym Equip. Training 9:30 Staying Strong-Lodge 11:00 Water Activity 1:30 Sit and Lift	7:00 Ever fit Open gym 8:00 Gym Equip. Training 10:00 Beanbag Baseball 10:45 Yoga/Balance W/Laurie 2:00 Walking Club	
29	30	31				
9:30 Cardio/Balance with Laurie	7:00 Ever fit Open gym 8:00 Gym Equip. Training 9:30 Exercise W/Lodge 11:00 Sit and Lift W/Alan 1:00 Beanbag Baseball	7:00 Ever fit Open Gym 8:00 Gym Equip. Training 10:00 Cardio/Balance W/Alan 11:00 Tai-Chi W/Mitch 1:00 Water Aerobics				