

March

2026



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------------------|---|---|--|---|--|--|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8:30 NU Step 11:00 Easy Walking | 8:30 NU Step 9:00 Steel Feathers Strech & Tone with Jeff -AL 9:30 Steel Feathers Strech & Tone with Jeff - IL | 8:30 NU Step 9:00 Steel Feathers Strech & Tone with Jeff -AL 9:30 Steel Feathers Strech & Tone with Jeff - IL | 8:30 NU Step 9:30 Chair Yoga w/ Irene 11:00 Easy Walking | 8:30 NU Step 9:00 Steel Feathers Strech & Tone with Jeff -AL 9:30 Steel Feathers Strech & Tone with Jeff - IL | 8:30 NU Step 9:00 Chair Chi 11:00 Easy Walking | 8:30 NU Step 9:00 Everfit 11:00 Easy Walking |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
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| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
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| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
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| 29 | 30 | 31 | | | | |
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Cascade Living Group

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