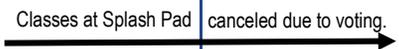


# March 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b>	<b>2</b> 8:30am Intro to exercise 5:00pm ASL Class at Library*  Classes at Splash Pad	<b>3</b> 8:30am Intro to exercise	<b>4</b> *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	<b>5</b> *7:45am TRX 8:30am Intro to exercise 10:00am Science of Stretching 11:15am Beginner Science of Stretching 5:00pm ASL Class at Library* 5:30pm Power Hour 6:45pm Trim & Tone*	<b>6</b> *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i> 5:30pm Tai Chi	<b>7</b>
						
<b>8</b>	<b>9</b> *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 5:30pm Power Hour 6:45pm Trim & Tone*	<b>10</b> 7:45am Beginners Pilates 8:30am Intro to exercise 9:00am SS Yoga 10:00am Science of Stretching 11:15am Beginner Science of Stretching 5:30pm Tai Chi	<b>11</b> *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	<b>12</b> *7:45am TRX 8:30am Intro to exercise 9:00am SS Yoga 10:00am Science of Stretching 11:15am Beginner Science of Stretching 5:30pm Power Hour 6:45pm Trim & Tone*	<b>13</b> *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i> 5:30pm Tai Chi	<b>14</b>
<b>15</b> <b>Fitness Room Hours:</b> Mon.-Fri. 5:30am-8:30pm Sat. 7:00am-6:00pm Sun. Closed	<b>16</b> *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 5:30pm Power Hour 6:45pm Trim & Tone*	<b>17</b> 7:45am Beginners Pilates 8:30am Intro to exercise 9:00am SS Yoga 10:00am Science of Stretching 11:15am Beginner Science of Stretching 5:30pm Tai Chi	<b>18</b> *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance <b>12:30 Digital Literacy</b> *5:15pm TRX	<b>19</b> *7:45am TRX 8:30am Intro to exercise 9:00am SS Yoga 10:00am Science of Stretching 11:15am Beginner Science of Stretching 5:30pm Power Hour 6:45pm Trim & Tone*	<b>20</b> *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i> 5:30pm Tai Chi	<b>21</b>
<b>22</b>	<b>23</b> *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 5:30pm Power Hour 6:45pm Trim & Tone*	<b>24</b> 7:45am Beginners Pilates 8:30am Intro to exercise 9:00am SS Yoga 10:00am Science of Stretching 11:15am Beginner Science of Stretching 5:30pm Tai Chi	<b>25</b> *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	<b>26</b> *7:45am TRX 8:30am Intro to exercise 9:00am SS Yoga 10:00am Science of Stretching 11:15am Beginner Science of Stretching 5:30pm Power Hour 6:45pm Trim & Tone*	<b>27</b> *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i> 5:30pm Tai Chi	<b>28</b>
<b>29</b> ***8:30am Intro to exercise class offered in place of Aquacise classes, currently. When the pool reopens the intro to exercise will switch back over to Aquacise.***	<b>30</b> *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 5:30pm Power Hour 6:45pm Trim & Tone*	<b>31</b> 7:45am Beginners Pilates 8:30am Intro to exercise 9:00am SS Yoga 10:00am Science of Stretching 11:15am Beginner Science of Stretching 5:30pm Tai Chi				