



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ACTIVE LIVING — March 2020



Mon	Tue	Wed	Thu	Fri
<p><b>2</b></p> <p><b>Program Pool Classes</b> Aqua Yoga 10-10:50am Reviving Joints 11-11:50am</p> <p><b>AOA Class</b> 11:45-12:45pm Functional Fitness Room</p>	<p><b>3</b></p> <p><b>Reviving Joints</b> 11-11:50 &amp; 2-2:50pm Program Pool</p> <p><b>Silver Splash</b> 1-2 pm Program Pool</p> <p><b>Line Dancing</b> 11-12pm Studio 4</p> <p><b>Zumba Gold</b> 1-2pm Studio 4</p>	<p><b>4</b></p> <p><b>Program Pool Classes</b> Aqua Yoga 10-10:50am Reviving Joints 11-11:50am</p> <p><b>AOA Class</b> 11:45-12:45pm Functional Fitness Room</p> <p><b>EnerChi</b> 1-1:40 pm Studio 4</p>	<p><b>5</b></p> <p><b>Reviving Joints</b> 11-11:50 &amp; 2-2:50pm Program Pool</p> <p><b>Silver Splash</b> 1-2 pm Program Pool</p> <p><b>Zumba Gold</b> 1-2 pm Studio 4</p>	<p><b>6</b></p> <p><b>Program Pool Classes</b> Aqua Yoga 10-10:50am Reviving Joints 11-11:50am</p> <p><b>AOA Class</b> 11:45-12:45pm Functional Fitness Room</p>
<p><b>9</b></p> <p><b>Program Pool Classes</b> Aqua Yoga 10-10:50am Reviving Joints 11-11:50am</p> <p><b>AOA Class</b> 11:45-12:45pm Functional Fitness Room</p>	<p><b>10</b></p> <p><b>Reviving Joints</b> 11-11:50 &amp; 2-2:50pm Program Pool</p> <p><b>Silver Splash</b> 1-2 pm Program Pool</p> <p><b>Line Dancing</b> 11-12pm Studio 4</p> <p><b>Zumba Gold</b> 1-2pm Studio 4</p>	<p><b>11</b></p> <p><b>Program Pool Classes</b> Aqua Yoga 10-10:50am Reviving Joints 11-11:50am</p> <p><b>AOA Class</b> 11:45-12:45pm Functional Fitness Room</p> <p><b>EnerChi</b> 1-1:40 pm Studio 4</p>	<p><b>12</b></p> <p><b>Reviving Joints</b> 11-11:50 &amp; 2-2:50pm Program Pool</p> <p><b>Silver Splash</b> 1-2 pm Program Pool</p> <p><b>Zumba Gold</b> 1-2 pm Studio 4</p>	<p><b>13</b></p> <p><b>Program Pool Classes</b> Aqua Yoga 10-10:50am Reviving Joints 11-11:50am</p> <p><b>AOA Class</b> 11:45-12:45pm Functional Fitness Room</p>
<p><b>16</b></p> <p><b>Program Pool Classes</b> Aqua Yoga 10-10:50am Reviving Joints 11-11:50am</p> <p><b>AOA Class</b> 11:45-12:45pm Functional Fitness Room</p>	<p><b>17</b></p> <p><b>Reviving Joints</b> 11-11:50 &amp; 2-2:50pm Program Pool</p> <p><b>Silver Splash</b> 1-2 pm Program Pool</p> <p><b>Line Dancing</b> 11-12pm Studio 4</p> <p><b>Zumba Gold</b> 1-2pm Studio 4</p>	<p><b>18</b></p> <p><b>Program Pool Classes</b> Aqua Yoga 10-10:50am Reviving Joints 11-11:50am</p> <p><b>AOA Class</b> 11:45-12:45pm Functional Fitness Room</p> <p><b>EnerChi</b> 1-1:40 pm Studio 4</p>	<p><b>19</b></p> <p><b>Reviving Joints</b> 11-11:50 &amp; 2-2:50pm Program Pool</p> <p><b>Silver Splash</b> 1-2 pm Program Pool</p> <p><b>Zumba Gold</b> 1-2 pm Studio 4</p>	<p><b>20</b></p> <p><b>Program Pool Classes</b> Aqua Yoga 10-10:50am Reviving Joints 11-11:50am</p> <p><b>AOA Class</b> 11:45-12:45pm Functional Fitness Room</p>
<p><b>23</b></p> <p><b>Program Pool Classes</b> Aqua Yoga 10-10:50am Reviving Joints 11-11:50am</p> <p><b>AOA Class</b> 11:45-12:45pm Functional Fitness Room</p> <p><b>DOC TALK</b> – 6:30 Community Room Bob Barret w/Athletico. <b>Topic: Pain vs Soreness.</b></p>	<p><b>24</b></p> <p><b>Reviving Joints</b> 11-11:50 &amp; 2-2:50pm Program Pool</p> <p><b>Silver Splash</b> 1-2 pm Program Pool</p> <p><b>Line Dancing</b> 11-12pm Studio 4</p> <p><b>Zumba Gold</b> 1-2pm Studio 4</p>	<p><b>25</b></p> <p><b>Program Pool Classes</b> Aqua Yoga 10-10:50am Reviving Joints 11-11:50am</p> <p><b>AOA Class</b> 11:45-12:45pm Functional Fitness Room</p> <p><b>EnerChi</b> 1-1:40 pm Studio 4</p>	<p><b>26</b></p> <p><b>Reviving Joints</b> 11-11:50 &amp; 2-2:50pm Program Pool</p> <p><b>Silver Splash</b> 1-2 pm Program Pool</p> <p><b>Zumba Gold</b> 1-2 pm Studio 4</p> <p><b>BINGO</b> 1-2 pm St. Vincent Community Room</p>	<p><b>27</b></p> <p><b>Program Pool Classes</b> Aqua Yoga 10-10:50am Reviving Joints 11-11:50am</p> <p><b>AOA Class</b> 11:45-12:45pm Functional Fitness Room</p>
<p><b>30</b></p> <p><b>Program Pool Classes</b> Aqua Yoga 10-10:50am Reviving Joints 11-11:50am</p> <p><b>AOA Class</b> 11:45-12:45pm Functional Fitness Room</p>	<p><b>31</b></p> <p><b>Reviving Joints</b> 11-11:50 &amp; 2-2:50pm Program Pool</p> <p><b>Silver Splash</b> 1-2 pm Program Pool</p> <p><b>Line Dancing</b> 11-12pm Studio 4</p> <p><b>Zumba Gold</b> 1-2pm Studio 4</p>		 	