

Monday	Tuesday	Wednesday	Thursday	Friday
9am-Water Aerobics <b>2</b> 10am-Strength & Balance 11:15-am-Water Walking 3-5pm-Billardards w/ George	9-11am-Open Swim <b>3</b> 11am-Cardio Drums 1pm-Chair Volleyball 1-3pm-Open Swim 3-5pm-Billardards w/George	9am-Water Aerobics <b>4</b> 10am-Strength & Balance 11:15-am-Water Walking 3-5pm-Billardards w/ George	9-11am-Open Swim <b>5</b> 11am-Cardio Drums 1pm-Chair Volleyball 1-3pm-Open Swim 3-5pm-Billardards w/George	9am-Water Aerobics <b>6</b> 10am-Strength & Balance 11am-Strength & Balance
9am-Water Aerobics <b>9</b> 10am-Strength & Balance 11:15-am-Water Walking 3-5pm-Billardards w/ George	9-11am-Open Swim <b>10</b> 11am-Cardio Drums 1pm-Chair Volleyball 1-3pm-Open Swim 3-5pm-Billardards w/George	9am-Water Aerobics <b>11</b> 10am-Strength & Balance 11:15-am-Water Walking 3-5pm-Billardards w/ George	9-11am-Open Swim <b>12</b> 11-12pm-Funny Sock Hop (wear your fun socks and let's dance to the oldies! Seated and standing) 1pm-Chair Volleyball 1-3pm-Open Swim	9am-Water Aerobics <b>13</b> 10am-Strength & Balance 11am-Strength & Balance
9am-Water Aerobics <b>16</b> 10am-Strength & Balance 11:15-am-Water Walking 3-5pm-Billardards w/ George	9-11am-Open Swim <b>17</b> 11am-Calm the mind (Meditation class) 1pm-Chair Volleyball 1-3pm-Open Swim 3-5pm-Billardards w/George	9am-Water Aerobics <b>18</b> 10am-Strength & Balance 11:15-am-Water Walking 3-5pm-Billardards w/ George	9-11am-Open Swim <b>19</b> 11am-Calm the mind (Meditation Class) 1pm-Chair Volleyball 1-3pm-Open Swim 3-5pm-Billardards w/George	9am-Water Aerobics <b>20</b> 10am-Strength & Balance 11am-Strength & Balance
9am-Water Aerobics <b>23</b> 10am-Strength & Balance 11am-Water Walking 3-5pm-Billardards w/ George	9-11am-Open Swim <b>24</b> 10-12:30-Mall Walking & Buffalo Wild Wings Lunch (Reservation Only) 1pm-Chair Volleyball 1-3pm-Open Swim 3-5pm-Billardards w/George	9am-Water Aerobics <b>25</b> 10am-Strength & Balance 11:15-am-Water Walking 3-5pm-Billardards w/ George	9-11am-Open Swim <b>26</b> 11am-Cardio Drums 1pm-Chair Volleyball 1-3pm-Open Swim 3-5pm-Billardards w/George	9am-Water Aerobics <b>27</b> 10am-Strength & Balance
9am-Water Aerobics <b>30</b> 10am-Strength & Balance 11am-Water Walking 3-5pm-Billardards w/ George	9-11am-Open Swim <b>31</b> 11am-Earth Fare shopping/ lunch (reservation only) 1pm-Chair Volleyball 1-3pm-Open Swim 3-5pm-Billardards w/George	 <h1 style="color: #D95319;">March 2026</h1> <p>WELLNESS CALENDAR</p>		

Contact Michelle for **GYM ORIENTATION** or questions 540-777-1459 or email [mpotter@friendship.us](mailto:mpotter@friendship.us)