

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>1 9:15am Indoor Walk (WS) 10am Men's Swim 10:45am Strength and Stability (WS) 2:00pm Woman's Swim 3:00pm Strength Balance and Cardio (WS)</p>	<p>2 9:15am Indoor Walk (WS) 10:00am Woman's Cardio Swim 10:45am Chair Strength 11:30am Chair Yoga (WS) 2:00pm Core Class 2:45pm Floor Workout Class (WS)</p>	<p>3 9:15am Chair Fitness @ Villas 10:00am Men's Swim (POOL) 10:45am Strength and Stability (WS) 11:30am Core (WS) 2:00pm Woman's Swim 3:00pm Strength, Balance and Cardio (WS)</p>	<p>4 9:15am Indoor Walk 10:00am Woman's Cardio Swim 10:45am Strength and Stability (WS) 11:30am Chair yoga (WS) 2:00pm Chair Cardio</p>	<p>5 9:15am Fitness @ Villas 11:00am Town Hall 2:00pm Free Swim (POOL) 2:00pm Indoor Walk (WS) 3:00pm Chair Volleyball</p>	<p>6 Key: WS = WELLNESS STUDIO SH = SHENANDOAH ROOM</p>	<p>7</p>
<p>8 9:15am Indoor Walk (WS) 10am Men's Swim 10:45am Strength and Stability (WS) 2:00pm Woman's Swim 3:00pm Strength Balance and Cardio (WS)</p>	<p>9 9:15am Indoor Walk (WS) 10:00am Woman's Cardio Swim 10:45am Chair Strength 11:30am Chair Yoga (WS) 2:00pm Core Class (WS) 3:00pm Chair Yoga @ Knollwood (SR)</p>	<p>10 9:15am Chair Fitness @ Villas 10:00am Men's Swim (POOL) 10:45am Strength and Stability (WS) 11:30am Core (WS) 2:00pm Woman's Swim 3:00pm Beanbag Baseball (REGENCY ROOM)</p>	<p>11 9:15am Indoor Walk 10:00am Woman's Cardio Swim 10:45am Strength and Stability (WS) 11:30am Chair yoga (WS) 2:00pm Chair Cardio 3:00pm Core Class (SR)</p>	<p>12 9:15am Fitness @ Villas 10:00am Men and Woman's Swim 10:45am Strength and Stability 11:30am Core Class 2:00pm AL SWIMCLASS 3:00pm Chair VolleyBall</p>		<p>14</p>
<p>15 9:15am Indoor Walk (WS) 10am Floor Yoga Class (WS) 10:45am Strength and Stability (WS) 2:00pm Woman's Swim 3:00pm Strength Balance and Cardio(WS)</p>	<p>16 9:15 am Indoor Walk 10:00am Woman's Cardio Swim 10:45am Chair Strength(WS) 11:30am Chair Yoga (WS) 2:00pm Core Class(WS) 2:45 Chair Cardio (WS)</p>	<p>17 9:15am Chair Fitness @ Villas 10:00am Men's Swim (POOL) 10:45am Strength and Stability (WS) 11:30am Core (WS) 2:00pm SKITTLE SKATTLE (WS) 3:00pm Strength, Balance and Cardio (WS)</p>	<p>18 9:15am Indoor Walk 10:00am Woman's Cardio Swim 10:45am Strength and Stability (WS) 11:30am Chair yoga (WS) 2:00pm Chair Cardio 2:45pm CORN HOLE (SR)</p>	<p>19 9:15am Fitness @ Villas 10:00am Barre and Balance(WS) 10:45am Strength and Stability(WS) 11:30am Chair Yoga(WS) 2:00pm Free Swim (POOL) 2:00pm Indoor walk (WS) 3:00pm Chair Volleyball</p>	<p>20 Spring Begins</p>	<p>21</p>
<p>22 9:15am Indoor Walk (WS) 10am Men's Swim 10:45am Strength and Stability (WS) 2:00pm Woman's Swim 3:00pm Strength Balance and Cardio (WS)</p>	<p>23 9:15 am Indoor Walk 10:00am Woman's Cardio Swim 10:45am Chair Strength 11:30am Chair Yoga (WS) 2:00pm Core Class 3:00pm Gym Tour @ Rehab Gym</p>	<p>24 9:15am Chair Fitness @ Villas 10:00am Men's Swim (POOL) 10:45am Strength and Stability (WS) 11:30am Core (WS) 2:00pm Woman's Swim 3:00pm Strength, Balance and Cardio (WS)</p>	<p>25 9:15am Indoor Walk 10:00am Woman's Cardio Swim 10:45am Strength and Stability (WS) 11:30am Chair yoga (WS) 2:00pm Chair Cardio</p>	<p>26 9:15am Fitness @ Villas 10:00am Barre and Balance(WS) 10:45am Strength and Stability(WS) 11:30am Chair Yoga(WS) 2:00pm Free Swim (POOL) 2:00pm Indoor walk (WS) 3:00pm Chair Volleyball</p>		<p>28</p>
<p>29 9:15am Indoor Walk (WS) 10am Men's Swim 10:45am Strength and Stability (WS) 2:00pm Woman's Swim 3:00pm Strength Balance and Cardio (WS)</p>	<p>30 9:15 am Indoor Walk 10:00am Woman's Cardio Swim 10:45am Chair Strength 11:30am Chair Yoga (WS) 2:00pm Core Class (WS) 2:45 Chair Cardio(WS)</p>	<p>31</p>	<p>March 2026 March 2026</p>			

Palm Sunday