

# Activity Center Schedule March 2010

For questions and additional information, please call  
Lylia or Pat at 992-5393.



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00am	Tone n' Strengthen				Tone n' Strengthen
7:30pm	Strictly Stretching				Strictly Stretching
8:00am	Tone n' Strengthen	Get Pumped	Tone n' Strengthen		Tone n' Strengthen
8:30pm	Strictly Stretching		Strictly Stretching		Strictly Stretching
9:00am		Zumba		Mat Workout	
9:15am	Water Aerobics		Water Aerobics		Water Aerobics
9:30am			Ladies Bridge		
10:00am		Water Aerobics		Water Aerobics	
12:00pm		Men's Gin Rummy		Men's Gin Rummy	
1:00pm	Mahjong				
2:00pm	Water Aerobics		Tone n' Strengthen		
2:30pm			Strictly Stretching	Tweener's Bridge 3:00pm	
3:30pm			Water Aerobics 3:15pm	Dominoes	
4:00pm		Couples Bridge			
4:30pm	Beginner's Tone n' Strengthen		Mat Workout		
5:30pm	Zumba		Zumba		
6:30pm				Ladies Poker	
7:00pm			Ballroom Dance Classes		Movie of the Week

*Join the party!*

*Zumba is for every shape, size and age. It is not limited to dancers, fitness fanatics or seniors. All exercisers, beginners or advanced, will enjoy the benefits of a Zumba Class.*