


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<h1>Happy St. Patrick's Day</h1>			Thurs. March 1 9:00-10:00 AM Osteo-Yoga- 10:00 AM-12:00 Noon, Open Swim 1:15-2:15 PM, Balance, Advanced 2:15-3:15 PM Balance, Beginner 3:00-5:00 PM, Open Swim w/ Neighbors	Fri. March 2 9:15-10:00 AM, Chair Yoga 11:00-12:00 Advanced Tai Chi 12:30-1:30 Beginning Tai Chi 1:00-3:00 PM, Open Swim	Sat. March 3 10:30-11:15 Zumba Gold 11:45-12:30 PM, Sit to be Fit 12:30-1:30, Open Swim for Adults Only 1:30-3:00 Open Swim for Adults & Family
Sun. March 4 	Mon. March 5 9-11:00 AM Open Swim w/ Neighbors 9:00 AM-Chair Yoga 12:00-1:00 PM Aqua PiYo Chi 1:30-3:30 PM Open Swim	Tues. March 6 9:00-11:00 AM Open Swim 9:15-10:00 AM Sit to be Fit 11:00-12:00 AM Sit to be Fit 11:45-12:30 PM Aqua Arthritis 12:30-1:15 PM Water Works 1:15-2:15 PM Pool Volleyball 1:30-2:30 PM Balance, Beginner 2:30-3:30 PM Balance, Advanced	Wed. March 7 10:45-11:45 AM Cardio Sculpt- 11:45-12:45 PM Beginner Bal- ance, 1:00-1:45 PM Aqua Balance 2:00-3:00 PM Wii Bowling MPR 2:00-4:00 PM Open Swim	Thurs. March 8 9:00-10:00 AM Osteo-Yoga 10:00 AM-12:00 Noon, Open Swim 1:15-2:15 PM, Balance, Advanced 2:15-3:15 PM Balance, Beginner 3:00-5:00 PM, Open Swim w/ Neighbors	Fri. March 9 9:15-10:00 AM, Chair Yoga 11:00-12:00 Advanced Tai Chi 12:30-1:30 Beginning Tai Chi 1:00-3:00 PM, Open Swim	Sat. March 10 10:30-11:15 Zumba Gold 11:45-12:30 PM Sit to be Fit- 12:30-1:30, Open Swim for Adults Only 1:30-3:00 Open Swim for Adults & Family
Sun. March 11 	Mon. March 12 9-11:00 AM Open Swim w/ Neighbors 9:00 AM-Chair Yoga 12:00-1:00 PM Aqua PiYo Chi 1:30-3:30 PM Open Swim	Tues. March 13 9:00-11:00 AM Open Swim 9:15-10:00 AM Sit to be Fit 11:00-12:00 AM Sit to be Fit 11:45-12:30 PM Aqua Arthritis 12:30-1:15 Water Works 1:15-2:15 PM Pool Volleyball 1:30-2:30 PM Balance, Beginner 2:30-3:30 PM Balance, Advanced	Wed. March 14 10:45-11:45 AM Cardio Sculpt 11:45-12:45 PM Beginner Balance 1:00-1:45 PM Aqua Balance 2:00-3:00 PM Wii Bowling MPR 2:00-4:00 PM Open Swim	Thurs. March 15 9:00-10:00 AM Osteo-Yoga 10:00 AM-12:00 Noon, Open Swim 1:15-2:15 PM, Balance, Advanced 2:15-3:15 PM, Balance, Beginner 3:00-5:00 PM, Open Swim w/ Neighbors	Fri. March 16 9:15-10:00 AM, Chair Yoga 11:00-12:00 Advanced Tai Chi 12:30-1:30 Beginning Tai Chi 1:00-3:00 PM, Open Swim	Sat. March 17 10:30-11:15 Zumba Gold 11:45-12:30 PM, Sit to be Fit 12:30-1:30, Open Swim for Adults Only 1:30-3:00 Open Swim for Adults & Family
Sun. March 18 	Mon. March 19 9-11:00 AM Open Swim w/ Neighbors 9:00 AM-Chair Yoga 12:00-1:00 PM Aqua PiYo Chi 1:30-3:30 PM Open Swim	Tues. March 20 9:00-11:00 AM Open Swim 9:15-10:00 AM Sit to be Fit 11:00-12:00 AM Sit to be Fit 11:45-12:30 PM Aqua Arthritis 12:30-1:15 PM Water Works 1:15-2:15 PM Pool Volleyball 1:30-2:30 PM Balance, Beginner 2:30-3:30 PM Balance, Advanced	Wed. March 21 10:45-11:45 AM Cardio Sculpt 11:45-12:45 PM Beginner Balance 1:00-1:45 PM Aqua Balance 2:00-3:00 PM Wii Bowling MPR 2:00-4:00 PM Open Swim	Thurs. March 22 9:00-10:00 AM Osteo-Yoga 10:00 AM-12:00 Noon, Open Swim 1:15-2:15 PM, Balance, Advanced 2:15-3:15 PM, Balance, Beginner 3:00-5:00 PM, Open Swim w/ Neighbors	Fri. March 23 9:15-10:00 AM, Chair Yoga 11:00-12:00 Advanced Tai Chi 12:30-1:30 Beginning Tai Chi 1:00-3:00 PM, Open Swim 2:00 PM-Seminar on What's the Fuss About Fiber-Multi-purpose room	Sat. March 24 10:30-11:15 Zumba Gold 11:45-12:30 PM, Sit to be Fit 12:30-1:30, Open Swim for Adults Only 1:30-3:00 Open Swim for Adults & Family
Sun. March 25 	Mon. March 26 9-11:00 AM Open Swim w/ Neighbors 9:00 AM-Chair Yoga 12:00-1:00 PM Aqua PiYo Chi 1:30-3:30 PM Open Swim	Tue. March 27 9:00-11:00 AM Open Swim 9:15-10:00 AM Sit to be Fit 11:00-12:00 AM Sit to be Fit 11:45-12:30 PM Aqua Arthritis 12:30-1:15 PM Water Works 1:15-2:15 PM Pool Volleyball 1:30-2:30 PM Balance, Beginner 2:30-3:30 PM Balance, Advanced	Wed. March 28 10:45-11:45 AM Cardio Sculpt 11:45-12:45 PM Beginner Balance 1:00-1:45 PM Aqua Balance 2:00-3:00 PM Wii Bowling MPR 2:00-4:00 PM Open Swim	Thurs. March 29 9:00-10:00 AM Osteo-Yoga 10:00 AM-12:00 Noon, Open Swim 1:15-2:15 PM, Balance, Advanced 2:15-3:15 PM, Balance, Beginner 3:00-5:00 PM, Open Swim w/ Neighbors	Fri. March 30 9:15-10:00 AM, Chair Yoga 11:00-12:00 Advanced Tai Chi 12:30-1:30 Beginning Tai Chi 1:00-3:00 PM, Open Swim-	Sat. March 31 10:30-11:15 Zumba Gold 11:45-12:30 PM, Sit to be Fit 12:30-1:30, Open Swim for Adults Only 1:30-3:00 Open Swim for Adults & Family

Description of Classes

Advanced Tai Chi- (Intermediate to Advanced) This advance class is designed for those who are ready to progress to the next level of Tai Chi. This class continues to focus on balance & coordination of the muscular, skeletal & cardiovascular systems.

Aqua Arthritis-(All levels). This class is for people with arthritis & related conditions. It is designed to reduce fatigue, pain, stiffness, improve mobility, muscle strength, & coordination.

Aqua Balance-(All Levels)-Water provides additional support as well as resistance which makes it a great location for this exercise.

Aqua PiYo Chi-(All levels) This class intertwines the pose of Yoga, exercise of Pilates, & movement of Tai Chi using natural resistance with water support for ease of movement to increase range of motion, improve balance & postural alignment.

Balance-(Beginner) This class will help to increase balance awareness by concentrating on 3 essentials cues: Visual, inner ear & where arms & legs are positioned in space. The exercises presented will build confidence in basic balance. Chair is used as a prop for balance.

Balance- (Advanced) Balance helps advance stability & equilibrium. Completion of the first balance class is required before increasing to the rigor of this level. Balance Disc, Bosu, Stability Balls & Foam Rollers are used to increase balance awareness.

Beginning Tai Chi-(Beginner) Learn fundamental sequences of movements with this ancient Chinese tradition that has evolved over centuries to become a means of alleviating stress & anxiety, a form of "meditation in motion." Advocates claim that it promotes serenity & inner peace. Also helps with balance skills

Cardio Sculpt-(Advanced) Get up & move with this upbeat aerobics class that is sure to get your body moving. Workout includes cardio moves, upper body strength, core conditioning & stretching.

Chair Yoga-(All Levels) Move your whole body through a complete series of yoga poses. Chair support is offered to safely perform a variety of seated & sitting postures designed to increase flexibility, balance & range of movement.

Osteo-Yoga-(Intermediate to Advance) This is a mat low impact class that helps to strengthen bones. No yoga knowledge or experience is needed. Use your own body for weight bearing without using h& held weights. Classic yoga & adaptive/modified poses are incorporated.

Sit to be Fit-(Beginner to Intermediate) A variety of exercises designed to increase your range of movement, cardiovascular endurance, increase muscle strength & balance. A chair is used for sitting or standing support.

Water Works-(All Levels) This high energy workout improves agility, flexibility, cardiovascular endurance & muscular strength. This class is perfect for someone that would like to exercise but needs a low impact workout that is easy on your joints.

Zumba Gold-45-60 minutes (Advanced) The class introduces easy-to-follow Zumba® choreography. Come ready to sweat, prepare to leave empowered & strong. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility & balance!

What's Happening in Fitness

Aqua Arthritis

Every **Tuesday at 11:45 a.m.**, Eileen will take you through 45 minutes of movements that will help reduce pain and stiffness, improve your mobility and help reduce fatigue. This class is designed as a gentle, warm water exercise program for residents who suffer from arthritis and related conditions. Because water lessens the effects of gravity, you're able to move your body through a wider range of motion which can help get relief from symptoms associated with arthritis. This class was developed by the Arthritis Foundation and the YMCA of the USA, and is currently supported by the Aquatic Exercise Association.

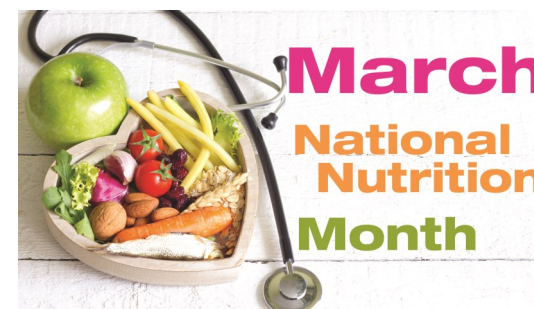
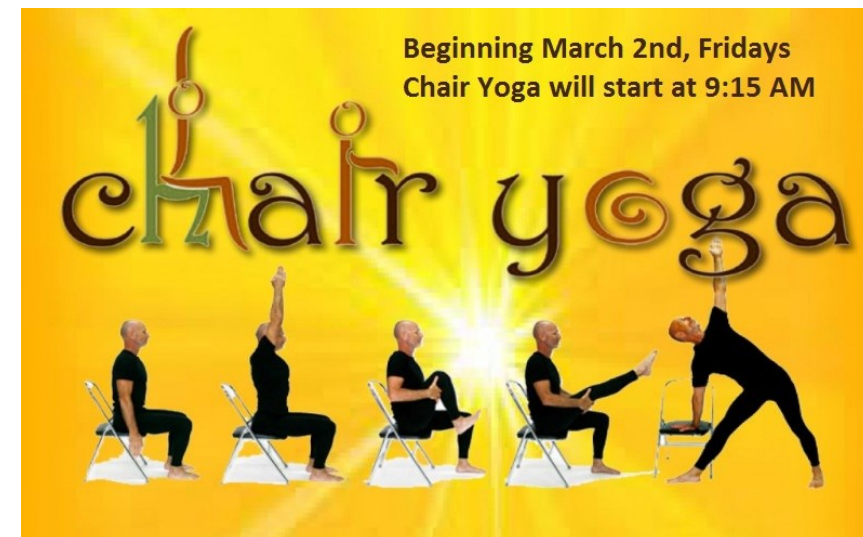


Join us **every Wednesday** in the month of **March**

for:

Wii Bowling with Kerry

2:00 p.m. in the **Multi-Purpose Room!**



Join **Nina Marinello** on **Friday, March 23rd** at **2:00-3:00 p.m.** for a presentation on "What's the fuss about fiber?" in the **Multi-Purpose Room**. Nina Marinello is an experienced research scientist and educator, with degrees in biology and nutrition science and a Ph.D. in molecular biology.