
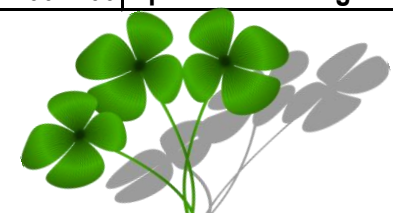










# VITALITY CENTER CLASSES

VITALITY CENTER OPEN DAILY: 5:00 AM-9:00 PM

## March 2020

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
1		2		3		4		5		6		7	
5 am-9 pm	Open Swim	5:00 am	Open Swim	5:00 am	Open Swim	5:00 am	Open Swim	5:00 am	Open Swim	5:00 am	Open Swim	5 am-9 pm	Open Swim
11:00-4:00	Open Wii Bowling	9:00	Water Fitness	8:30	Balance	9:00	Water Fitness	8:30	Balance	9:00	Water Fitness	10:30-4:00	Open Wii Bowling
		10:00	Chair Exercises	10:00	Chair Exercises	10:00	Chair Exercises	10:00	Chair Exercises	10:00	Chair Exercises		
		11:00	Sit, Stand & Strength	11:00	Essential Strength	11:00	Stretch & Core	11:00	Functional Fitness	11:00	Agility		
		1:45	Team Wii Bowling	2:00	Advanced Exercise	3:00-4:30	Team Wii Bowling	2:00	Advanced Exercise	3:00-4:30	Open Wii Bowling		
		3:00-4:30	Open Wii Bowling	3:00-4:30	Team Wii Bowling			3:00-4:30	Team Wii Bowling				
8		9		10		11		12		13		14	
5 am-9 pm	Open Swim	5:00 am	Open Swim	5:00 am	Open Swim	5:00 am	Open Swim	5:00 am	Open Swim	5:00 am	Open Swim	5 am-9 pm	Open Swim
11:00-4:00	Open Wii Bowling	9:00	Water Fitness	8:30	Balance	9:00	Water Fitness	8:30	Balance	9:00	Water Fitness	10:30-4:00	Open Wii Bowling
		10:00	Chair Exercises	10:00	Chair Exercises	10:00	Chair Exercises	10:00	Chair Exercises	10:00	Chair Exercises		
		11:00	Sit, Stand & Strength	11:00	Essential Strength	11:00	Stretch & Core	11:00	Functional Fitness	11:00	Agility		
		1:45	Team Wii Bowling	2:00	Advanced Exercise	3:00-4:30	Open Wii Bowling	2:00	Advanced Exercise	3:00-4:30	Open Wii Bowling		
		3:00-4:30	Open Wii Bowling	3:00-4:30	Team Wii Bowling			3:00-4:30	Team Wii Bowling				
15		16		17		18		19		20		21	
5 am-9 pm	Open Swim	5:00 am	Open Swim	5:00 am	Open Swim	5:00 am	Open Swim	5:00 am	Open Swim	5:00 am	Open Swim	5 am-9 pm	Open Swim
11:00-4:00	Open Wii Bowling	9:00	Water Fitness	8:30	Balance	9:00	Water Fitness	8:30	Balance	9:00	Water Fitness	10:30-4:00	Open Wii Bowling
		10:00	Chair Exercises	10:00	Chair Exercises	10:00	Chair Exercises	10:00	Chair Exercises	10:00	Chair Exercises		
		11:00	Sit, Stand & Strength	11:00	Essential Strength	11:00	Stretch & Core	11:00	Functional Fitness	11:00	Sit, Stand & Strength		
		1:45	Team Wii Bowling	2:00	Advanced Exercise	3:00-4:30	Open Wii Bowling	2:00	Advanced Exercise	3:00-4:30	Open Wii Bowling		
		3:00-4:30	Open Wii Bowling	3:00-4:30	Team Wii Bowling			3:00-4:30	Team Wii Bowling				
				 <b>St. Patricks Day</b> 									
22		23		24		25		26		27		28	
5 am-9 pm	Open Swim	5:00 am	Open Swim	5:00 am	Open Swim	5:00 am	Open Swim	5:00 am	Open Swim	5:00 am	Open Swim	5 am-9 pm	Open Swim
11:00-4:00	Open Wii Bowling	9:00	Water Fitness	8:30	Balance	9:00	Water Fitness	8:30	Balance	9:00	Water Fitness	10:30-4:00	Open Wii Bowling
		11:00	Sit, Stand & Strength	10:00	Chair Exercises	10:00	Chair Exercises	10:00	Chair Exercises	10:00	Chair Exercises		
		1:45	Team Wii Bowling	11:00	Essential Strength	11:00	Stretch & Core	11:00	Functional Fitness	11:00	Agility		
		3:00-4:30	Open Wii Bowling	2:00	Advanced Exercise	3:00-4:30	Open Wii Bowling	2:00	Advanced Exercise	3:00-4:30	Open Wii Bowling		
					3:00-4:30	Team Wii Bowling			3:00-4:30	Team Wii Bowling			
29		30		31		<b>MARCHING INTO SPRING AND FITNESS</b> 							
5 am-9 pm	Open Swim	5:00 am	Open Swim	5:00 am	Open Swim								
11:00-4:00	Open Wii Bowling	9:00	Water Fitness	8:30	Balance								
		10:00	Chair Exercises	10:00	Chair Exercises								
		11:00	Sit, Stand & Strength	11:00	Essential Strength								
		1:45	Team Wii Bowling	2:00	Advanced Exercise								
		3:00-4:30	Open Wii Bowling	3:00-4:30	Team Wii Bowling								