



# MARCH 2026 FITNESS CALENDAR



| SUNDAY              | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY | SATURDAY |
|---------------------|--|--|---|---|--------|----------|
| 1<br><b>CLOSED</b>  | 2<br>20/20/20 9a-10a<br>Chair Yoga 10:30a-11:15a<br>SilverSneakers Classic<br>11:45a - 12:30p  | 3<br>HIIT 6a-7a<br>POUND 9a-10a<br>SilverSneakers Classic<br>10:30a-11:15a<br>Master the Machines 1p-2p<br>Zumba GOLD 5:30p-6:30p  | 4<br>Stability and Stretch 9a-10a<br>SilverSneakers Classic<br>10:30a-11:15a  | 5<br>20/20/20 9a-10a<br>SilverSneakers Classic<br>10:30a-11:15a<br>Master the Machines 1p-2p  | 6      | 7        |
| 8<br><b>CLOSED</b>  | 9<br>20/20/20 9a-10a<br>Chair Yoga 10:30a-11:15a<br>SilverSneakers Classic<br>11:45a - 12:30p  | 10<br>HIIT 6a-7a<br>POUND 9a-10a<br>SilverSneakers Classic<br>10:30a-11:15a<br>Master the Machines 1p-2p<br>Zumba GOLD 5:30p-6:30p | 11<br>Stability and Stretch 9a-10a<br>SilverSneakers Classic<br>10:30a-11:15a | 12<br>20/20/20 9a-10a<br>SilverSneakers Classic<br>10:30a-11:15a<br>Master the Machines 1p-2p | 13     | 14       |
| 15<br><b>CLOSED</b> | 16<br>20/20/20 9a-10a<br>Chair Yoga 10:30a-11:15a<br>SilverSneakers Classic<br>11:45a - 12:30p | 17<br>HIIT 6a-7a<br>POUND 9a-10a<br>SilverSneakers Classic<br>10:30a-11:15a<br>Master the Machines 1p-2p<br>Zumba GOLD 5:30p-6:30p | 18<br>Stability and Stretch 9a-10a<br>SilverSneakers Classic<br>10:30a-11:15a | 19<br>20/20/20 9a-10a<br>SilverSneakers Classic<br>10:30a-11:15a<br>Master the Machines 1p-2p | 20     | 21       |
| 22<br><b>CLOSED</b> | 23<br>20/20/20 9a-10a<br>Chair Yoga 10:30a-11:15a<br>SilverSneakers Classic<br>11:45a - 12:30p | 24<br>HIIT 6a-7a<br>POUND 9a-10a<br>SilverSneakers Classic<br>10:30a-11:15a<br>Master the Machines 1p-2p<br>Zumba GOLD 5:30p-6:30p | 25<br>Stability and Stretch 9a-10a<br>SilverSneakers Classic<br>10:30a-11:15a | 26<br>20/20/20 9a-10a<br>SilverSneakers Classic<br>10:30a-11:15a<br>Master the Machines 1p-2p | 27     | 28       |
| 29<br><b>CLOSED</b> | 30<br>20/20/20 9a-10a<br>Chair Yoga 10:30a-11:15a<br>SilverSneakers Classic<br>11:45a - 12:30p | 31<br>HIIT 6a-7a<br>POUND 9a-10a<br>SilverSneakers Classic<br>10:30a-11:15a<br>Master the Machines 1p-2p<br>Zumba GOLD 5:30p-6:30p |   |   |        |          |

FLAT ROCK COMMUNITY CENTER RESERVES THE RIGHT TO CHANGE THIS SCHEDULE AS NEEDED.