



# March 2024 Fitness Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Gentle Yoga 9:30am	2
3	4 20-20-20 8:30am Adv. Silver Sneakers 10:30am Tabata 5:30pm	5 Stability and Stretch 8:30am Silver Sneakers 10:30am	6 Walk for Health 9am Adv. Silver Sneakers 10:30a Cardio Drumming 6:30pm Track Fitness 6:30pm	7 Tai Chi 10am Silver Sneakers 10:30am Step and Strength 6:30pm	8 Gentle Yoga 9:30 am	9
10	11 20-20-20 8:30am Adv. Silver Sneakers 10:30am Tabata 5:30pm	12 Stability and Stretch 8:30am Silver Sneakers 10:30am	13 Walk for Health 9am Adv. Silver Sneakers 10:30a Cardio Drumming 6:30pm Track Fitness 6:30pm	14 Tai Chi 10am Sliver Sneakers 10:30am Step and Strength 6:30pm	15 Gentle Yoga 9:30am	16
17	18 20-20-20 8:30am Adv Silver Sneakers 10:30a Tabata 5:30pm	19 Stability and Stretch 8:30 Silver Sneakers 10:30am	20 Walk for Health 9am Adv. Silver Sneakers 10:30a Cardio Drumming 6:30pm Track Fitness 6:30pm	21 Silver Sneakers 10:30am Step and Strength 6:30pm	22 Gentle Yoga 9:30am	23
24	25	26	27 Adv. Silver Sneakers 10:30a-11:20a	28 Beginning Tai Chi 11:15am Silver Sneakers 10:30am	29	30
31 <b>CLOSED EASTER</b>						

Flat Rock Community Center reserves the ability to change this schedule as needed.