



March 2019

National Nutrition Month



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Lap Swim @ 5:15p HPE Pool Ab/Step @ 5:15p HPE Aerobics Rm	5 Water Aerobics @ 5:15p HPE Pool Zumba @ 5:15p	6 Lap Swim @ 5:15p HPE Pool Ab/Step @ 5:15p HPE Aerobics Rm	7 Water Aerobics @ 5:15p HPE Pool Zumba @ 5:15p	8	9
10	11 Lap Swim @ 5:15p HPE Pool Ab/Step @ 5:15p HPE Aerobics Rm	12 Water Aerobics @ 5:15p HPE Pool Zumba @ 5:15p	13 Lap Swim @ 5:15p HPE Pool Ab/Step @ 5:15p HPE Aerobics Rm	14 Water Aerobics @ 5:15p HPE Pool Zumba @ 5:15p	15	16
17	18 Lap Swim @ 5:15p HPE Pool Ab/Step @ 5:15p HPE Aerobics Rm	19 Water Aerobics @ 5:15p HPE Pool Zumba @ 5:15p HPE Aerobics Rm	20 Nutritionist Workshop: Lunch & Learn @ 11:30a Pettigrew 110 Lap Swim @ 5:15p HPE Pool Ab/Step @ 5:15p HPE Aerobics Rm	21 Water Aerobics @ 5:15p HPE Pool Zumba @ 5:15p HPE Aerobics Rm	22 Spring Planting Days @ Community Garden	23 Spring Planting Days @ Community Garden
24	25 Lap Swim @ 5:15p HPE Pool Ab/Step @ 5:15p HPE Aerobics Rm	26 Water Aerobics @ 5:15p HPE Pool Zumba @ 5:15p HPE Aerobics Rm	27 Lap Swim @ 5:15p HPE Pool Ab/Step @ 5:15p HPE Aerobics Rm	28 Water Aerobics @ 5:15p HPE Pool Zumba @ 5:15p HPE Aerobics Rm	29	30
31						