

March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>FAMILY SWIM</p> <p>EVERY WEDNESDAY 4:30 - 5:30 p.m.</p> <p>EVERY SATURDAY 9:30 - 11 a.m.</p>	<p>Location Key Williamsburg Square</p> <p>Aerobics Room</p> <p>Swimming Pool</p> <p>Assisted Living Theater</p>	<p>The Pickle Ball Court will be available whenever classes are not being held in the aerobics studio.</p>			<p>1</p> <p>8:15 Cardio Combo 9:00 Rise N Shine 9:00 Move & Flex 9:30 Live Well-Get Fit 10:30 Aqua Interval 12:30 Jazzercise Lite® 2:00 Splash Attack!</p>	<p>2</p> <p>8:15 Aqua Fit 9:00 Rise N Shine 10:00 SilverBoot (camp)</p>
<p>3</p> <p>Tuesdays & Thursdays 1:30 EZ Tone</p> <p>Village Theater</p>	<p>4</p> <p>8:15 Cardio Combo 9:00 Rise N Shine 9:00 Move & Flex 10:30 Aqua Interval 12:30 Jazzercise Lite® 2:00 Aquatic Bootcamp 2:00 Movement & Music</p>	<p>5</p> <p>9:00 Rise N Shine 9:00 Yoga Flow 10:00 Cardio Blast 10:45 SilverSneakers® 2:00 Splash Attack! 4:45 Aqua Fit 5:00 SilverBoot (camp)</p>	<p>6</p> <p>8:15 Cardio Combo 9:00 Rise N Shine 9:30 Water Walk Challenge 10:30 Aqua Interval 11:30 Jazzercise Lite® 1:30 EZ Tai Chi 2:00 Tai Chi 4:00 Scoot N Boot</p>	<p>7</p> <p>9:00 Rise N Shine 9:00 Yoga Flow 10:00 Cardio Blast 10:45 SilverSneakers® 2:00 Aquatic Bootcamp 4:45 Aqua Fit 5:00 SilverBoot (camp)</p>	<p>8</p> <p>8:15 Cardio Combo 9:00 Rise N Shine 9:00 Move & Flex 10:30 Aqua Interval 12:30 Jazzercise Lite® 2:00 Splash Attack!</p>	<p>9</p> <p>8:15 Aqua Fit 9:00 Rise N Shine 10:00 SilverBoot (camp)</p>
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