

March

SilverSneakers
by Tivity Health

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 YOGA 9:30 – 10:30 CARDIO 10:30 – 11:30	5 YOGA 9:30 – 10:30 SPECIAL/COMBO 10:30 – 11:30	6 YOGA 9:30 – 10:30 CARDIO 10:30 – 11:30	7	8
9	10	11 YOGA 9:30 – 10:30 CARDIO 10:30 – 11:30	12 YOGA 9:30 – 10:30 SPECIAL/COMBO 10:30 – 11:30	13 YOGA 9:30 – 10:30 CARDIO 10:30 – 11:30	14	15
16	17 HAPPY ST. PATRICKS DAY	18 YOGA 9:30 – 10:30 CARDIO 10:30 – 11:30	19 YOGA 9:30 – 10:30 SPECIAL/COMBO 10:30 – 11:30	20 YOGA 9:30 – 10:30 CARDIO 10:30 – 11:30	21	22
23	24	25 YOGA 9:30 – 10:30 CARDIO 10:30 – 11:30	26 YOGA 9:30 – 10:30 SPECIAL/COMBO 10:30 – 11:30	27 YOGA 9:30 – 10:30 CARDIO 10:30 – 11:30	28	29
30	31				 SilverSneakers by Tivity Health	