

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|------------------------------------|--|-------------------------------------|--|--|---|
|  <p>March 2023 Lakeview, North Shore & West Shore Residents</p> | | | 1 | 2 No Exercise Today | 3 | 4 |
| 5 | 6 <small>Purim Begins</small> | 7 1:30 Aerobics w/ Hoops | 8 | 9 9:00 Aerobics w/ Hoops | 10 | 11 |
| 12 <small>Daylight Saving Time Begins</small> | 13 | 14 1:30 Cardio w/ Rhythm Sticks | 15 | 16 9:00 Cardio w/ Rhythm Sticks | 17 <small>St. Patrick's Day</small> | 18 |
| 19 | 20 <small>Spring Begins</small> | 21 1:30 Aerobics w/ Balls | 22 <small>Ramadan Begins</small> | 23 9:00 Aerobics w/ Balls | 24 | 25 |
| 26 | 27 | 28 1:30 Balance & Strength w/ Balance Pole | 29 | 30 9:00 Balance & Strength w/ Balance Pole | 31 |  |

All exercise classes will be held in the Activity Center. What to bring: Yourself, A Positive Attitude, & Water to stay hydrated!