

March 2020

Chair/Tai Chi Fitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	9:00am Chair-Lentha 10:10am Tai Chi- Emmy		9:00am Chair-Lentha 10:10am Tai Chi- Emmy			
8	9	10	11	12	13	14
	9:00am Chair-Lentha 10:10am Tai Chi- Emmy		9:00am Chair-Lentha 10:10am Tai Chi-Emmy			
15	16	17	18	19	20	21
	9:00am Chair-Lentha 10:10am Tai Chi-Emmy		9:00am Chair-Lentha 10:10am Tai Chi- Emmy			
22	23	24	25	26	27	28
	9:00am Chair-Lentha 10:10am Tai Chi-Emmy		9:00am Chair-Lentha 10:10am Tai Chi- Emmy			
29	30	31				
	9:00am Chair-Lentha 10:10am Tai Chi- Emmy			-Instructors are subject to change		

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