

SUN	MON	TUE	WED	THUR	FRI	SAT
KEY NC - Newcastle WC - Wellness Center WC1FL - Wellness Center 1st Floor WC2FL - Wellness Center 2nd Floor ☼ - Club						9:00 Functional Fitness W/ Maria (WC1FL) 1 9:45 MOVE with Maria (WC)
2	9:15 Silver Sneakers Circuit (WC1FL) 3 10:00 Pure Stretch (WC1FL) 11:00 Silver Sneakers Classic (WC) 1:00 Low Impact Cardio (WC1FL)	9:15 Yoga w/Waverly (WC) 4 1:00 Men's Weight Training W/ David (WC2FL) 1:45 Weights, Gait, and Balance W/ David (WC2FL)	9:15 Silver Sneakers Circuit w/Maria (WC1FL) 5 10:00 Core And More w/ Maria (WC) 11:30 Tai Chi for Arthritis W/ Makai (WC)	8:30 Silver Sneakers Stability w/ Maria (WC) 6 10:00 Mobility Matters w/ Maria (WC) 1:00 Men's Weight Training W/ David (WC2FL) 1:45 Weights, Gait, and Balance W/ David (WC2FL)	8:30 Elite Hands & Feet W/ Maria (WC) 7 9:15 Sit & Get Fit W/Maria (WC1FL) 11:00 Sit and Get Fit w/Maria (WC)	9:00 Functional Fitness W/ Maria (WC1FL) 8 9:45 MOVE with Maria (WC)
9	9:15 Silver Sneakers Circuit (WC1FL) 10 10:00 Pure Stretch (WC1FL) 11:00 Silver Sneakers Classic (WC) 1:00 Low Impact Cardio (WC1FL)	8:30 Silver Sneakers Stability (WC) 11 9:15 Yoga w/Waverly (WC) 10:00 Mobility Matters (WC) 11:00 Drumming Essentials (WC1FL) 1:00 Men's Weight Training W/ David (WC2FL) 1:45 Weights, Gait, and Balance W/ David (WC2FL) 3:00 Intermediate Balance (WC)	9:15 Silver Sneakers Circuit (WC1FL) 12 11:00 Silver Sneakers Classic (WC) 11:30 Tai Chi for Arthritis W/ Makai (WC) 1:00 Brain Health Training (WC1FL)	8:30 Silver Sneakers Stability (WC) 13 9:20 Neuro Boxing (WC) 10:00 Mobility Matters (WC) 11:00 Walking for Wellness *New Class* (WC) 1:00 Men's Weight Training W/ David (WC2FL) 1:45 Weights, Gait, and Balance W/ David (WC2FL) 3:00 Intermediate Balance (WC)	8:30 Elite Hands & Feet W/ Maria (WC) 14 9:15 Sit & Get Fit (WC1FL) 10:00 Stix: Cardio Drumming (WC) ☼ 11:00 Sit and Get Fit (WC) 1:00 Country Crew Line Dancer Club (WC1FL) ☼ 2:00 Falling Lecture Series (NC)	9:00 Functional Fitness W/ Maria (WC1FL) 15 9:45 MOVE with Maria (WC)
16	9:15 Silver Sneakers Circuit (WC1FL) 17 10:00 Pure Stretch (WC1FL) 11:00 Silver Sneakers Classic (WC) 12:30 Wellness Center Orientation (WC1FL) 1:00 Low Impact Cardio (WC1FL)	8:30 Silver Sneakers Stability (WC) 18 9:15 Yoga w/Waverly (WC) 10:00 Mobility Matters (WC) 11:00 Drumming Essentials (WC1FL) 1:00 Men's Weight Training W/ David (WC2FL) 1:45 Weights, Gait, and Balance W/ David (WC2FL) 3:00 Intermediate Balance (WC)	9:15 Silver Sneakers Circuit (WC1FL) 19 10:00 Core And More (WC) 11:00 Silver Sneakers Classic (WC) 11:30 Tai Chi for Arthritis W/ Makai (WC) 1:00 Brain Health Training (WC1FL) 2:00 Power Training (WC1FL) 3:00 Abide: Nutrition Support Group (WC1FL)	8:30 Silver Sneakers Stability (WC) 20 9:20 Neuro Boxing (WC) 10:00 Mobility Matters (WC) 11:00 Walking for Wellness *New Class* (WC) 1:00 Men's Weight Training W/ David (WC2FL) 1:45 Weights, Gait, and Balance W/ David (WC2FL) 3:00 Intermediate Balance (WC)	8:30 Elite Hands & Feet W/ Maria (WC) 21 9:15 Sit & Get Fit (WC1FL) 10:00 Stix: Cardio Drumming (WC) ☼ 11:00 Sit and Get Fit (WC) 1:00 Country Crew Line Dancer Club (WC1FL) ☼ 2:00 Falling Lecture Series (NC)	9:00 Functional Fitness W/ Maria (WC1FL) 22 9:45 MOVE with Maria (WC)
23	9:15 Silver Sneakers Circuit (WC1FL) 24 10:00 Pure Stretch (WC1FL) 11:00 Silver Sneakers Classic (WC) 1:00 Low Impact Cardio (WC1FL)	8:30 Silver Sneakers Stability (WC) 25 9:15 Yoga w/Waverly (WC) 10:00 Mobility Matters (WC) 11:00 Drumming Essentials (WC1FL) 1:00 Men's Weight Training W/ David (WC2FL) 1:45 Weights, Gait, and Balance W/ David (WC2FL) 3:00 Intermediate Balance (WC)	9:15 Silver Sneakers Circuit (WC1FL) 26 10:00 Core And More (WC) 11:00 Silver Sneakers Classic (WC) 11:30 Tai Chi for Arthritis W/ Makai (WC) 1:00 Brain Health Training (WC1FL) 2:00 Power Training (WC1FL)	8:30 Silver Sneakers Stability (WC) 27 9:20 Neuro Boxing (WC) 10:00 Mobility Matters (WC) 11:00 Walking for Wellness *New Class* (WC) 1:00 Men's Weight Training W/ David (WC2FL) 1:45 Weights, Gait, and Balance W/ David (WC2FL) 3:00 Intermediate Balance (WC)	8:30 Elite Hands & Feet W/ Maria (WC) 28 9:15 Sit & Get Fit (WC1FL) 10:00 Stix: Cardio Drumming (WC) ☼ 11:00 Sit and Get Fit (WC) 1:00 Country Crew Line Dancer Club (WC1FL) ☼ 2:00 Falling Lecture Series (NC)	9:00 Functional Fitness W/ Maria (WC1FL) 29 9:45 MOVE with Maria (WC)
30	9:15 Silver Sneakers Circuit (WC1FL) 31 10:00 Pure Stretch (WC1FL) 11:00 Silver Sneakers Classic (WC) 1:00 Low Impact Cardio (WC1FL)					

March 2025

Fitness

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