

EverFit Calendar

March

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
7:00 Everfit Open gym 8:00 Gym Equipment Training 10:30 Zumba w/Cynthia 11:00 Beanbag Baseball 1:00 Sit and Lift W/Alan	7:00 Everfit Open gym 8:00 Gym Equipment training 9:30 Staying Stong Lodge 10:00 Wii Bowling 11:00 Tai-Chi W/Mitch 1:00 Water Aerobics W/Jenn 2:00 Walking Club	7:00 Everfit Open gym 8:00 Gym Equipment training 11:00 Sit and Lift 1:00 Bean Bag Baseball	7:00 Everfit Open gym 8:00 Gym Equipment training 9:30 Staying Stong Lodge 10:30 Yoga W/Cynthia 11:00 Water Activity W/Alan 1:30 Sit and Lift	7:00 Everfit Open gym 8:00 Gym Equipment training 10:00 Bean Bag Baseball 2:00 Walking Club
10	11	12	13	14
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17	18	19	20	21
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