

FITNESS CALENDAR

MARCH 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:00 AM Pilates in a Chair (FC-A) 10:00 AM Aqua Motion (P) 11:00 AM Strength Training (FC-A) 11:00 AM Strength with MaryJane (Inhouse TV Channel 1390) 12:00 PM Hydro-Riding(P) 12:30 PM Hydro-Riding(P)	2 9:00AM Aqua Fit (P) 10:00AM Sit To Be Fit (FC) 11:00 AM Balance (FC) 11:00 AM Chair Yoga with Maryjane (Inhouse TV Channel 1390) 11:45 Chair Yoga (FC) 12:45 LODGE-Chair Yoga	3 8:45 AM Chair Aerobics (FC) 10:00AM Aqua Motion (P) 11:00 AM Chair Yoga (FC) 11:00 AM Stretch and Relaxation (Inhouse TV Channel 1390) 12:00 PM Hydro-Riding(P) 12:30 PM Hydro-Riding(P)	4 10:00 AM Sit To Be Fit (FC) 11:00 AM Balance (FC) 11:00 AM Stretch with Lisa (Inhouse TV Channel 1390) 11:45 Stretch/Flex (FC)	5 10:00 AM Aqua Motion(P) 11:00 AM Stretch/Flex (FC) 11:00 AM HIIT in a chair with MaryJane (Inhouse TV Channel 1390) 12:00 PM Hydro-Riding(P) 12:30 PM Hydro-Riding(P)	6 9:00 AM Aqua Motion (P) 10:00 AM Strength Training (FC) 10:00 AM Senior Exercise with MaryJane (Inhouse TV Channel 1390) 11:00 AM Pilates with Mary (Inhouse TV Channel 1390)
7 2:00 PM Strength Training (Inhouse TV Channel 1390)	8 9:00 AM Pilates in a Chair (FC-A) 10:00 AM Aqua Motion (P) 11:00 AM Strength Training (FC-A) 11:00 AM Strength with MaryJane (Inhouse TV Channel 1390) 12:00 PM Hydro-Riding(P) 12:30 PM Hydro-Riding(P)	9 9:00AM Aqua Fit (P) 10:00AM Sit To Be Fit (FC) 11:00 AM Balance (FC) 11:00 AM Chair Yoga with Maryjane (Inhouse TV Channel 1390) 11:45 Chair Yoga (FC) 12:45 LODGE-Chair Yoga	10 8:45 AM Chair Aerobics (FC) 10:00AM Aqua Motion (P) 11:00 AM Chair Yoga (FC) 11:00 AM Stretch and Relaxation (Inhouse TV Channel 1390) 12:00 PM Hydro-Riding(P) 12:30 PM Hydro-Riding(P)	11 10:00 AM Sit To Be Fit (FC) 11:00 AM Balance (FC) 11:00 AM Stretch with Lisa (Inhouse TV Channel 1390) 11:45 Stretch/Flex (FC)	12 10:00 AM Aqua Motion(P) 11:00 AM Stretch/Flex (FC) 11:00 AM HIIT in a chair with MaryJane (Inhouse TV Channel 1390) 12:00 PM Hydro-Riding(P) 12:30 PM Hydro-Riding(P)	13 9:00 AM Aqua Motion (P) 10:00 AM Strength Training (FC) 10:00 AM Senior Exercise with MaryJane (Inhouse TV Channel 1390) 11:00 AM Pilates with Mary (Inhouse TV Channel 1390)
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21 2:00 PM Strength Training (Inhouse TV Channel 1390)	22 9:00 AM Pilates in a Chair (FC-A) 10:00 AM Aqua Motion (P) 11:00 AM Strength Training (FC-A) 11:00 AM Strength with MaryJane (Inhouse TV Channel 1390) 12:00 PM Hydro-Riding(P) 12:30 PM Hydro-Riding(P)	23 9:00AM Aqua Fit (P) 10:00AM Sit To Be Fit (FC) 11:00 AM Balance (FC) 11:00 AM Chair Yoga with Maryjane (Inhouse TV Channel 1390) 11:45 Chair Yoga (FC) 12:45 LODGE-Chair Yoga	24 8:45 AM Chair Aerobics (FC) 10:00AM Aqua Motion (P) 11:00 AM Chair Yoga (FC) 11:00 AM Stretch and Relaxation (Inhouse TV Channel 1390) 12:00 PM Hydro-Riding(P) 12:30 PM Hydro-Riding(P)	25 10:00 AM Sit To Be Fit (FC) 11:00 AM Balance (FC) 11:00 AM Stretch with Lisa (Inhouse TV Channel 1390) 11:45 Stretch/Flex (FC)	26 10:00 AM Aqua Motion(P) 11:00 AM Stretch/Flex (FC) 11:00 AM HIIT in a chair with MaryJane (Inhouse TV Channel 1390) 12:00 PM Hydro-Riding(P) 12:30 PM Hydro-Riding(P)	27 9:00 AM Aqua Motion (P) 10:00 AM Strength Training (FC) 10:00 AM Senior Exercise with MaryJane (Inhouse TV Channel 1390) 11:00 AM Pilates with Mary (Inhouse TV Channel 1390)
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Room Key

(FC-L) = Fitness Center-Lodge
 (FC-GL) = Fitness Center-Grand Lodge
 (L-L) = Library-Lodge
 (P-GL) = Pool-Grand Lodge
 (Lib-GL) =