FITNESS CALENDAR

MARCH 2021

| FIINESS CALENDAK | | | | THEODO | IVIAR | |
|---|---|--|---|--|--|--|
| SUNDAY | MONDAY 1 | TUESDAY 2 | WEDNESDAY 3 | THURSDAY 4 | FRIDAY 5 | SATURDAY 6 |
| | 9:00 AM Pilates in a Chair | 9:00AM Aqua Fit (P) | 8:45 AM Chair Aerobics | 10:00 AM Sit To Be Fit (FC) | 10:00 AM Aqua Motion(P) | 9:00 AM Aqua Motion (P) |
| | | 10:00AM Sit To Be Fit (FC) | (FC) | 11:00 AM Balance (FC) | 11:00 AM Stretch/Flex (FC) | 10:00 AM Strength Training |
| | | 11:00 AM Balance (FC) | 10:00AM Aqua Motion (P) | 11:00 AM Stretch with Lisa | 11:00 AM HIIT in a chair | (FC) |
| | 11:00 AM Strength Training (FC-A) | 11:00 AM Chair Yoga with Maryjane (Inhouse TV | 11:00 AM Chair Yoga (FC) 11:00 AM Stretch and | (Inhouse TV Channel 1390) | TV Channel 1390) | 10:00 AM Senior Exercise with MaryJane (Inhouse TV Channel 1390) |
| | 11:00 AM Strength with MaryJane (Inhouse TV Channel 1390) | Channel 1390) 11:45 Chair Yoga (FC) | | 11:45 Stretch/Flex (FC) | 12:00 PM Hydro-Riding(P) 12:30 PM Hydro-Riding(P) | 11:00 AM Pilates with Mary |
| | 12:00 PM Hydro-Riding(P) | | 12:00 PM Hydro-Riding(P) | | 12.30 FINITIYATO-RIAING(F) | 1390) |
| | 12:30 PM Hydro-Riding(P) | 12.43 LODGE-Chair Toga | 12:30 PM Hydro-Riding(P | | | |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| | 9:00 AM Pilates in a Chair | | 8:45 AM Chair Aerobics | 10:00 AM Sit To Be Fit (FC) | 10:00 AM Aqua Motion(P) | 9:00 AM Agua Motion (P) |
| (Inhouse TV Channel 1390) | (FC-A) | 10:00AM Sit To Be Fit (FC) | (FC) | 11:00 AM Balance (FC) | 11:00 AM Stretch/Flex (FC) | |
| | 10:00 AM Aqua Motion (P) | 11:00 AM Balance (FC) | 10:00AM Aqua Motion (P) | 11:00 AM Stretch with Lisa | 11:00 AM HIIT in a chair | (FC) |
| | 11:00 AM Strength | 11:00 AM Chair Yoga with Maryjane (Inhouse TV | 11:00 AM Chair Yoga (FC) 11:00 AM Stretch and | (Inhouse TV Channel 1390) | | 10:00 AM Senior Exercise with MaryJane (Inhouse TV Channel 1390) |
| | 11:00 AM Strength with MaryJane (Inhouse TV | Channel 1390) | | 11:45 Stretch/Flex (FC) | 12:00 PM Hydro-Riding(P) | 11:00 AM Pilates with Mary |
| | Channel 1390) 12:00 PM Hydro-Riding(P) | 11:45 Chair Yoga (FC) | 12:00 PM Hydro-Riding(P) | | 12:30 PM Hydro-Riding(P) | (Inhouse TV Channel 1390) |
| | 12:30 PM Hydro-Riding(P) | 12.45 LODGE-Chair Foga | 12:30 PM Hydro-Riding(P | | | |
| 14 | 15.30 FM Hydro-Riding(F) | 16 | 17 | 18 | 19 | 20 |
| | 9:00 AM Pilates in a Chair (FC-A) | | 8:45 AM Chair Aerobics (FC) | 10:00 AM Sit To Be Fit (FC) | 10:00 AM Aqua Motion(P) | 9:00 AM Aqua Motion (P) |
| 1390) | | 10:00AM Sit To Be Fit (FC) | 10:00AM Aqua Motion (P) | 11:00 AM Balance (FC) | 11:00 AM Stretch/Flex (FC) | 10:00 AM Strength Training (FC) |
| | 11:00 AM Strength | 11:00 AM Balance (FC) | | 11:00 AM Stretch with Lisa | | 10:00 AM Senior Exercise |
| | . , | 11:00 AM Chair Yoga with Maryjane (Inhouse TV | 11:00 AM Stretch and | (Inhouse TV Channel 1390) | TV Channel 1390) | with MaryJane (Inhouse TV Channel 1390) |
| | 11:00 AM Strength with MaryJane (Inhouse TV Channel 1390) | Channel 1390) 11:45 Chair Yoga (FC) | Relaxation (Inhouse TV Channel 1390) | 11:45 Stretch/Flex (FC) | 12:00 PM Hydro-Riding(P) 12:30 PM Hydro-Riding(P) | 11:00 AM Pilates with Mary |
| | 12:00 PM Hydro-Riding(P) | | 12:00 PM Hydro-Riding(P) | | 12.30 FWHYdio-Maing(F) | 1390) |
| | 12:30 PM Hydro-Riding(P) | | 12:30 PM Hydro-Riding(P | | | |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 2:00 PM Strength Training (Inhouse TV Channel 1390) | 9:00 AM Pilates in a Chair (FC-A) | 9:00AM Aqua Fit (P) | 8:45 AM Chair Aerobics (FC) | 10:00 AM Sit To Be Fit (FC) | 10:00 AM Aqua Motion(P) | 9:00 AM Aqua Motion (P) |
| | 10:00 AM Aqua Motion (P) | 10:00AM Sit To Be Fit (FC) | 10:00AM Aqua Motion (P) | 11:00 AM Balance (FC) | 11:00 AM Stretch/Flex (FC) | 10:00 AM Strength Training (FC) |
| | 11:00 AM Strength | 11:00 AM Balance (FC) 11:00 AM Chair Yoga with | 11:00 AM Chair Yoga (FC) | 11:00 AM Stretch with Lisa (Inhouse TV Channel 1390) | 11:00 AM HIIT in a chair with MaryJane (Inhouse TV Channel 1390) | 10:00 AM Senior Exercise with MaryJane (Inhouse |
| | 11:00 AM Strength with | Maryjane (Inhouse TV Channel 1390) | | 11:45 Stretch/Flex (FC) | 12:00 PM Hydro-Riding(P) | TV Channel 1390) |
| | MaryJane (Inhouse TV Channel 1390) | 11:45 Chair Yoga (FC) | Channel 1390) | | 12:30 PM Hydro-Riding(P) | |
| | 12:00 PM Hydro-Riding(P) | 12:45 LODGE-Chair Yoga | 12:00 PM Hydro-Riding(P) | | | 1390) |
| 28 | 12:30 PM Hydro-Riding(P) 29 | 30 | 12:30 PM Hydro-Riding(P | | | |
| 2:00 PM Strength Training | 9:00 AM Pilates in a Chair | | 8:45 AM Chair Aerobics | | | |
| (Inhouse TV Channel 1390) | (FC-A) | 10:00AM Sit To Be Fit (FC) | (FC) | | | |
| | | 11:00 AM Balance (FC) | 10:00AM Aqua Motion (P) | | | |
| | 11:00 AM Strength Training (FC-A) | 11:00 AM Chair Yoga with | 11:00 AM Chair Yoga (FC) | | | |
| | 11:00 AM Strength with MaryJane (Inhouse TV | Maryjane (Inhouse TV Channel 1390) | 11:00 AM Stretch and Relaxation (Inhouse TV Channel 1390) | | | |
| | | 11:45 Chair Yoga (FC) | 12:00 PM Hydro-Riding(P) | | | |
| | 12:00 PM Hydro-Riding(P) | 112.45 LUDGE-UNAIF YOGA | 12:30 PM Hydro-Riding(P | | | |
| | 12:30 PM Hydro-Riding(P) | | Room Key | l | 1 | l . |
| | | (P-GL) = | (FC-L) = Fitness Center-Lodge | (FC-GL) = Fitness | | |
| | | Pool-Grand Lodge | (L-L) = | Center-Grand Lodge | | |
| | | | Library-Lodge | (Lib-GL) = | | |