


# MARCH 2026

Mon	Tue	Wed	Thu	Fri
<p>2 <u>Spring Forward to Better Sleep Program Begins</u></p> <p><u>JumpStart - 12:00</u></p> <p><u>Meditation for Beginners - 4:30</u></p>	<p>3 <u>Relax - 12:00</u></p> <p><u>Dance for Joy - 12:15</u></p> <p><u>Zumba - 5:30</u></p>	<p>4 <u>Build - 12:00</u></p> <p><u>Ask the Dietitian: Discover the Power of Nutrition - 1:00</u></p> <p><u>Dance for Life - 2:00</u></p> <p><u>Gentle Yoga for Health - 4:15</u></p>	<p>5 <u>Dance for Life - 10:00</u></p> <p><u>Unwind - 12:00</u></p> <p><u>Encore Dancers Workshop - 1:45</u></p> <p><u>Zumba - 5:30</u></p>	<p>6 <u>Align - 12:00</u></p> <p><u>Examen - 2:00</u></p>
<p>9 <u>JumpStart - 12:00</u></p> <p><u>Meditation for Beginners - 4:30</u></p>	<p>10 <u>Relax - 12:00</u></p> <p><u>Peaceful Zzqs Workshop - 12:00</u></p> <p><u>Dance for Joy - 12:15</u></p> <p><u>Zumba - 5:30</u></p>	<p>11 <u>Build - 12:00</u></p> <p><u>Eat Well for a Busy Life - 1:00</u></p> <p><u>Dance for Life - 2:00</u></p> <p><u>Gentle Yoga for Health - 4:15</u></p>	<p>12 <u>Dance for Life - 10:00</u></p> <p><u>Unwind - 12:00</u></p> <p><u>Encore Dancers Workshop - 1:45</u></p> <p><u>Zumba - 5:30</u></p>	<p>13 <u>Align - 12:00</u></p> <p><u>Examen - 2:00</u></p>
<p>16 <u>JumpStart - 12:00</u></p> <p><u>Meditation for Beginners - 4:30</u></p>	<p>17  <u>Relax - 12:00</u></p> <p><u>Dance for Joy - 12:15</u></p> <p><u>Zumba - 5:30</u></p>	<p>18 <u>Build - 12:00</u></p> <p><u>A How-To Guide for Diabetes - 12:00</u></p> <p><u>Dance for Life - 2:00</u></p> <p><u>Gentle Yoga for Health - 4:15</u></p>	<p>19 <u>Dance for Life - 10:00</u></p> <p><u>Unwind - 12:00</u></p> <p><u>Why Nutrition is Important Workshop - 12:00</u></p> <p><u>Encore Dancers Workshop - 1:45</u></p> <p><u>Zumba - 5:30</u></p>	<p>20 <u>Align - 12:00</u></p> <p><u>Examen - 2:00</u></p>
<p>23 <u>JumpStart - 12:00</u></p> <p><u>Meditation for Beginners - 4:30</u></p>	<p>24 <u>Relax - 12:00</u></p> <p><u>Dance for Joy - 12:15</u></p> <p><u>Zumba - 5:30</u></p>	<p>25 <u>Build - 12:00</u></p> <p><u>Dance for Life - 2:00</u></p> <p><u>Gentle Yoga for Health - 4:15</u></p>	<p>26 <u>Dance for Life - 10:00</u></p> <p><u>Unwind - 12:00</u></p> <p><u>Encore Dancers Workshop - 1:45</u></p> <p><u>Zumba - 5:30</u></p>	<p>27 <u>Align - 12:00</u></p> <p><u>Examen - 2:00</u></p>
<p>30 <u>JumpStart - 12:00</u></p> <p><u>Meditation for Beginners - 4:30</u></p>	<p>31 <u>Relax - 12:00</u></p> <p><u>Dance for Joy - 12:15</u></p> <p><u>Zumba - 5:30</u></p>			



## What's New?

<p><u>Steps Through the Sun</u> <u>March Individual Walking Challenge</u> March 1-31</p>
<p><u>Spring Forward to Better Sleep Program</u> March 2-13</p>
<p><u>Mind &amp; Matter Virtual Series</u> March 3-24</p>
<p><u>Peaceful Zzqs Sleep Workshop</u> March 10 @ 12:00</p>
<p><u>Fuel Better, Feel Better Program</u> March 23 - April 12</p>
<p><u>Be Well Workshop - Simplify How you Eat</u> March 19 @ 11:00</p>

## Reoccurring

<p><u>Live-Streamed Class Series</u> <u>Monday-Friday @ 12:00-12:15</u></p>
<p><u>Meditation for Beginners</u> Mondays @ 4:30</p>
<p><u>Dance for Joy</u> Tuesdays @ 12:15</p>
<p><u>Gentle Yoga for Health</u> Wednesdays @ 4:15</p>
<p><u>Zumba at Professional Park</u> Tuesdays &amp; Thursdays @ 5:30</p>
<p><u>Dance for Life</u> Wednesdays @ 1:00 &amp; Thursdays @ 10:00</p>
<p><u>Examen</u> Friday @ 2:00</p>

