March 2020 Class Schedule & Events

Aging & Wellness INSTITUTE
Where health prospers and friendships grow.

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Monday	Tuesday	Wednesday	Thursday	Friday
2 Functional Fitness 9:00,11:00 Full Body Fitness 10:00 Yoga 12:00	3 Functional Fitness 9:00,11:00,5:30 **Express Fitness 10:00-10:30** **Foam Roller 10:30** Yoga 12:00, 5:30 "Tasty Tuesday" **Eating for your Eyes**	4 Functional Fitness 9:00,11:00 Full Body Fitness 10:00 Yoga 10:00	5 Functional Fitness 9:00,11:00, 5:30 **Express Fitness 10:00-10:30** **Foam Roller 1030** Yoga 11:00	6 Functional Fitness 9:00,11:00 Full Body Fitness 10:00 Yoga 10:00
9 Functional Fitness 9:00,11:00 Full Body Fitness 10:00 Yoga 12:00 "Food for Thought"- 11:00 **Cooking with herbs** " Your life, Your weigh!"- 1:00	10 Functional Fitness 9:00,11:00,5:30 **Express Fitness 10:00-10:30** **Foam Roller 10:30** Yoga 12:00, 5:30 "Tasty Tuesday" **Cinnamon**	11 Functional Fitness 9:00,11:00 Full Body Fitness 10:00 Yoga 10:00	12 Functional Fitness 9:00,11:00, 5:30 **Express Fitness 10:00-10:30** **Foam Roller 1030** Yoga 11:00	13 Functional Fitness 9:00,11:00 Full Body Fitness 10:00 Yoga 10:00
16 Functional Fitness 9:00,11:00 Full Body Fitness 10:00 Yoga 12:00 "Food for Thought"- 11:00 **Soups** " Your life, Your weigh!"- 1:00	17 Functional Fitness 9:00,11:00,5:30 **Express Fitness 10:00-10:30** **Foam Roller 10:30** Yoga 12:00, 5:30 "Tasty Tuesday" **Shamrock Shakes**	18 Functional Fitness 9:00,11:00 Full Body Fitness 10:00 Yoga 10:00	19 Functional Fitness 9:00,11:00, 5:30 **Express Fitness 10:00-10:30** **Foam Roller 1030** Yoga 11:00	20 Functional Fitness 9:00,11:00 Full Body Fitness 10:00 Yoga 10:00
23 Functional Fitness 9:00,11:00 Full Body Fitness 10:00 Yoga 12:00 "Food for Thought"- 11:00 **Dietary Fats** " Your life, Your weigh!"- 1:00	24 Functional Fitness 9:00,11:00,5:30 **Express Fitness 10:00-10:30** **Foam Roller 10:30** Yoga 12:00, 5:30 "Tasty Tuesday" **Clean Eating** **"Living Trust-Creating a Legacy"** **Kenneth J. Crotty J.D, LL.M.** **11:00**	25 Functional Fitness 9:00,11:00 Full Body Fitness 10:00 Yoga 10:00	26 Functional Fitness 9:00,11:00, 5:30 **Express Fitness 10:00-10:30** **Foam Roller 1030** Yoga 11:00 "Eating Styles"– discuss the pros and cons of popular diet plans **12:00pm**	27 Functional Fitness 9:00,11:00 Full Body Fitness 10:00 Yoga 10:00
30 Functional Fitness 9:00,11:00 Full Body Fitness 10:00 Yoga 12:00 "Food for Thought"- 11:00 **Heart Healthy Meals** " Your life, Your weigh!"- 1:00	31 Functional Fitness 9:00,11:00,5:30 **Express Fitness 10:00-10:30** **Foam Roller 10:30** Yoga 12:00, 5:30 "Tasty Tuesday" **Plant Proteins**	March is National Nutrition Month 		**Stop by the nutrition office or book an appointment with Kate Joseph RDN/LD Learn ways to vary your diet, meal plan, cook and prep!**