

March 2017

Parsippany Community Center
Exercise Classes

LET'S STAY ACTIVE

Happy 
ST PATRICK'S
Day 

Being Healthy and Fit is a Lifestyle

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:15-Senior Fitness 10:30- Forever Fit 3-4pm - Grand Dancing Ash Wednesday	2 9:15-Yoga 9:30-T'ai Chi Chuan 11:00- Walking Club PAL 1:30-Ballroom Dancing	3 9:30-T'ai Chi Chuan	4 
5	6 9:15 - Senior Fitness 9:30- T'ai Chi Chuan 10:30-Stretch & Strength 1:15-Line Dancing	7 10:30 - Falun Gong	8 9:15-Senior Fitness 10:30 Forever Fit 3-4pm - Grand Dancing	9 9:15-Yoga 9:30-T'ai Chi Chuan 11:00- Walking Club PAL 1:30-Ballroom Dancing	10 9:30-T'ai Chi Chuan	11
12 	13 9:15 - Senior Fitness 9:30- T'ai Chi Chuan 10:30-Stretch & Strength 1:15-Line Dancing	14 10:30 - Falun Gong	15 9:15-Senior Fitness 10:30 Forever Fit 3-4pm - Grand Dancing	16 9:15-Yoga 9:30-T'ai Chi Chuan 11:00- Walking Club PAL 1:30-Ballroom Dancing	17 9:30-T'ai Chi Chuan St. Patrick's Day	18 
19	20 9:15 - Senior Fitness 9:30- T'ai Chi Chuan 10:30-Stretch & Strength 1:15-Line Dancing	21 10:30 - Falun Gong	22 9:15-Senior Fitness 10:30 Forever Fit 3-4pm - Grand Dancing	23 9:15-Yoga 9:30-T'ai Chi Chuan 11:00- Walking Club PAL 1:30-Ballroom Dancing	24 9:30-T'ai Chi Chuan	25
26 	27 9:15 - Senior Fitness 9:30- T'ai Chi Chuan 10:30-Stretch & Strength 1:15-Line Dancing	28 10:30 - Falun Gong	29	30	31	