



# March 2018

## Parsippany Community Center Exercise Classes

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
				1 9:15-Yoga 9:30-T'ai Chi Chuan 11:00- Walking Club PAL 1:30-Ballroom Dancing	2 9:30-T'ai Chi Chuan	3 
4	5 9:15 – Senior Fitness 10:30-Stretch & Strength 1:15-Line Dancing 3:00 T'ai Chi Chuan	6 10:30 – Falun Gong	7 9:15-Senior Fitness 10:30 Forever Fit 3-4pm - Grand Dancing	8 9:15-Yoga 9:30-T'ai Chi Chuan 11:00- Walking Club PAL 1:30-Ballroom Dancing	9 9:30-T'ai Chi Chuan	10
11 	12 9:30 T'ai Chi Chuan 9:15 – Senior Fitness 10:30-Stretch & Strength 1:15-Line Dancing	13 10:30 – Falun Gong	14 9:15-Senior Fitness 10:30 Forever Fit 3-4pm - Grand Dancing	15 9:15-Yoga 9:30-T'ai Chi Chuan 11:00- Walking Club PAL 1:30-Ballroom Dancing	16 9:30-T'ai Chi Chuan	17 
18	19 9:15 – Senior Fitness 10:30-Stretch & Strength 1:15-Line Dancing 3:00 T'ai Chi Chuan	20 10:30 – Falun Gong	21 9:15 No-Senior Fitness 10:30 No Forever Fit 3-4pm - Grand Dancing	22 9:15- No Yoga 9:30-T'ai Chi Chuan 11:00- Walking Club PAL 1:30-Ballroom Dancing	23 9:30-T'ai Chi Chuan	24
25	26 9:30 T'ai Chi Chuan 9:15 – Senior Fitness 10:30-Stretch & Strength 1:15-Line Dancing	27 10:30 – Falun Gong	28 9:15-Senior Fitness 10:30 Forever Fit 3-4pm - Grand Dancing	29 9:15-Yoga 9:30-T'ai Chi Chuan 11:00- Walking Club PAL 1:30-Ballroom Dancing	30 Closed for Good Friday	31
						

