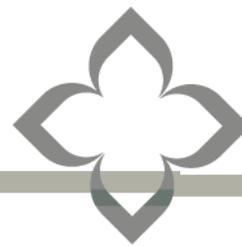


Wellness Calendar



Marjorie P. Lee — March 2026

| Sun-day | Monday | Tuesday | Wednesday | Thursday | Friday | Satur-day |
|---------|---|--|--|--|--|-----------|
| 1 | Chair Yoga 10:30-11:15am (EC) Aqua Aerobics 2:30pm-3:15pm | Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC) | Tai Chi Flow 10-10:45am (EC) | Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC) | Aqua Aerobics 9:30am-10:15am | 7 |
| 8 | Chair Yoga 10:30-11:15am (EC) Aqua Aerobics 2:30pm-3:15pm | Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC) | Tai Chi Flow 10-10:45am (EC) | Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC) | Aqua Aerobics 9:30am-10:15am | 14 |
| 15 | Chair Yoga 10:30-11:15am (EC) Aqua Aerobics 2:30pm-3:15pm | Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC) | Tai Chi Flow 10-10:45am (EC) | Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC) | Aqua Aerobics 9:30am-10:15am | 21 |
| 22 | Chair Yoga 10:30-11:15am (EC) Aqua Aerobics 2:30pm-3:15pm | Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC) | Tai Chi Flow 10-10:45am (EC) | Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC) | Aqua Aerobics 9:30am-10:15am | 28 |
| 29 | Chair Yoga 10:30-11:15am (EC) Aqua Aerobics 2:30pm-3:15pm | Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC) | | | | |

