



March Calendar

Amanda Poole - Manager

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1120 Medical Plaza Dr. #250

Sunday 1	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	Saturday 7
	9AM Gentle Yoga 1PM Cupcake Decorating 2PM Knitting	9AM Spanish 11AM Gentle Yoga 12:30PM Healing Art	9:30AM Guided Meditation 10AM Tai Chi 12PM Oncology Nutrition 1PM Mah Jongg	10AM Bible Study 11AM Gentle Yoga	10AM Pet Therapy 10AM Coffee & Support 12PM Mindful Cooking	
8	9AM Gentle Yoga 11AM Look Good Feel Better 1PM Pilates 2PM Knitting	9AM Spanish 11AM Gentle Yoga 12:30PM Eating Well Through Cancer	9:30AM Guided Meditation 10AM Tai Chi 12PM Ask the Doctor 1PM Mah jongg	9:30AM Gentle Barre 11AM Gentle Yoga 1PM Book Club	10AM Coffee & Support 10:30AM Zumba Gold 12PM Healthy Living Cooking Class	14
15	9AM Gentle Yoga 12PM Cancer Support Group - Spanish 1PM Pilates 2PM Knitting	9AM Spanish 11AM Gentle Yoga 12:30PM Healing Art	9:30AM Guided Meditation 10AM Tai Chi 12PM Oncology Education 1PM Mah jongg	10AM Bible Study 11AM Gentle Yoga 5:30PM Teen Music Therapy	10AM Coffee & Support 10AM Pet Therapy 10:30AM Zumba Gold 12PM Cancer Rehab Education	21
22	9AM Gentle Yoga 11AM Your Glam Fix 1PM Pilates 2PM Knitting 6:30PM Widows Support	9AM Spanish 11AM Gentle Yoga	9:30AM Guided Meditation 10AM Tai Chi 12PM Cooking with Paola 1PM Mah jongg	9:30AM Gentle Barre 11AM Gentle Yoga	10AM Coffee & Support 10:30AM Zumba Gold 11:30AM Men's Lunch	28
29	9AM Gentle Yoga 1PM Pilates 2PM Knitting 5:30 Life in Between	9AM Spanish 11AM Gentle Yoga 12PM The Nest For Newbies	9:30AM Guided Meditation 10AM Tai Chi 12PM Oncology Nutrition 1PM Mah jongg	9:30AM Gentle Barre 10AM Bible Study 11AM Gentle Yoga	10AM Pet Therapy 10AM Coffee & Support 10:30AM Zumba Gold	4

This calendar is subject to change. Please check your email before class!

For weekend classes or classes after 6PM - there is a callbox on the front of the medical plaza doors in case they are locked.