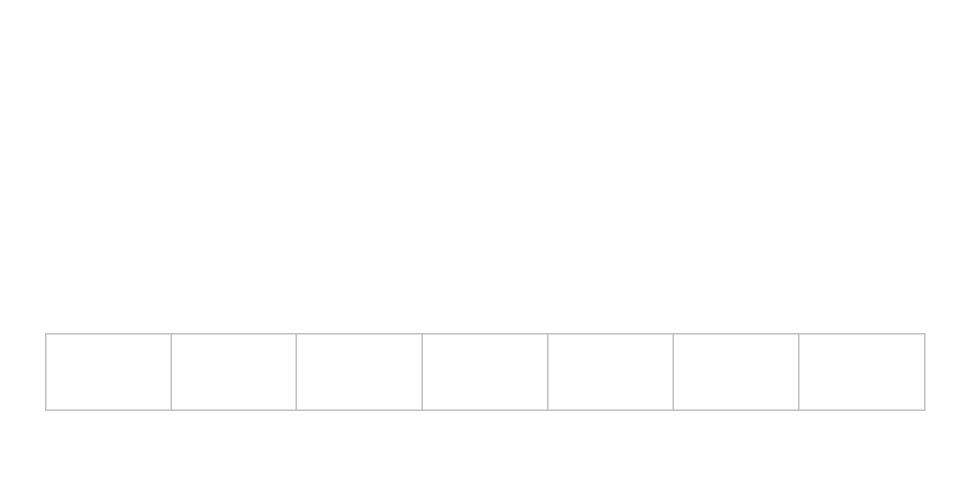
March 2020 - Open Gym Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	8:00am-12:00pm	8:00am-12:00pm	9:00am-12:00pm	8:00am-12:00pm		
	1:00-4:30pm	1:00-4:30pm <u>Sit & Be Fit 2pm</u>	1:00-4:30pm	1:00-4:30pm Chair Yoga/ Stretching	8:00am-2:00pm	
		<u> ok a be tik zpin</u>		3pm		
8	9	10	11	12	13	14
	8:00am-12:00pm	8:00am-12:00pm	9:00am-12:00pm	8:00am-12:00pm		
	1:00-4:30pm	1:00-4:30pm	1:00-4:30pm	1:00-4:30pm	8:00am-2:00pm	
		Sit & Be Fit 2pm	Smoothie Day @ 12:15pm	Chair Yoga/ Stretching 3pm		
15	16	17	18	19	20	21
	8:00am-12:00pm	8:00am-12:00pm	9:00am-12:00pm	8:00am-12:00pm		
	1:00-4:30pm	1:00-4:30pm	1:00-4:30pm	1:00-4:30pm	8:00am-2:00pm	
		Sit & Be Fit 2pm		Chair Yoga/ Stretching 3pm		
22	23	24	25	26	27	28
	8:00am-12:00pm	8:00am-12:00pm	9:00am-12:00pm	8:00am-12:00pm		
	1:00-4:30pm	1:00-4:30pm	1:00-4:30pm	1:00-4:30pm	8:00am-2:00pm	
		Sit & Be Fit 2pm		Chair Yoga/ Stretching 3pm		
29	30	31				
	8:00am-12:00pm	8:00am-12:00pm				
	1:00- <mark>4:00pm</mark>	1:00-4:30pm				
		Sit & Be Fit 2pm				

Smoothie Day takes place in the 3rd Floor Training Kitchen, next to the Wellness Center. You must be a patient to participate and it is first come first serve until smoothie samples run out. You will also get a copy of the recipe we are making that day!



Smoothie Day takes place in the 3rd Floor Training Kitchen, next to the Wellness Center. You must be a patient to participate and it is first come first serve until smoothie samples run out. You will also get a copy of the recipe we are making that day!