

March 2020 – Open Gym Schedule

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

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!

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