



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">BILLIE JANE STRAUSS WELLNESS CENTER GROUP EXERCISE & EVENT CALENDAR March 2019</p> 	<p align="center">You must be a member of the Billie Jane Strauss Wellness Center to participate in our group exercise classes (<u>it's FREE</u>) To become a member of the Billie Jane Strauss Wellness Center, please contact Cindy Hackworth, Fitness Manager 260-982-8616 (EXT 1606)</p>			<p align="center">1 No Classes</p>
<p>4 Gentle Balance and Strengthening, BJSW Aerobics 9:15 – 9:45 Building Your Mind , 11:30, Craig House Memory Stretch 1:15-1:30</p>	<p>5 Aqua Fit Water Aerobics, BJSW Pool Section 1: 8:00 – 8:30 Section 2: 9:00 – 9:30 Tai Chi 10:00-10:30, BJSW Aerobics RSB 1:00-2:30, 6:00-7:30 , BJSW Aerobics</p>	<p>6 Restorative Class, BJSW Aerobics, 8:00-8:30 Gentle Balance and Strengthening, BJSW Aerobics 9:15 – 9:45 Moving Minds Memory 10:45-11:15</p>	<p>7 Aqua Fit Water Aerobics, BJSW Pool Section 1: 8:00 – 8:30 Section 2: 9:00 – 9:30 Tai Chi 10:00-10:30, BJSW Aerobics RSB 1:00-2:30, 6:00-7:30 , BJSW Aerobics</p>	<p>8 Gentle Balance and Strengthening, BJSW Aerobics 9:15 – 9:45</p>
<p>11 Gentle Balance and Strengthening, BJSW Aerobics 9:15 – 9:45 Memory Stretch 1:15-1:30</p>	<p>12 Aqua Fit Water Aerobics, BJSW Pool Section 1: 8:00 – 8:30 Section 2: 9:00 – 9:30 Tai Chi 10:00-10:30, BJSW Aerobics RSB 1:00-2:30, 6:00-7:30 , BJSW Aerobics</p>	<p>13 Restorative Class, BJSW Aerobics, 8:00-8:30 Gentle Balance and Strengthening, BJSW Aerobics 9:15 – 9:45 Moving Minds Memory 10:45-11:15</p>	<p>14 Aqua Fit Water Aerobics, BJSW Pool Section 1: 8:00 – 8:30 Section 2: 9:00 – 9:30 Tai Chi 10:00-10:30, BJSW Aerobics RSB 6:00-7:30 , BJSW Aerobics</p>	<p>15 Gentle Balance and Strengthening, BJSW Aerobics 9:15 – 9:45</p>
<p>18 Gentle Balance and Strengthening, BJSW Aerobics 9:15 – 9:45 Building Your Mind , 11:30, Craig House Memory Stretch 1:15-1:30</p>	<p>19 Aqua Fit Water Aerobics, BJSW Pool Section 1: 8:00 – 8:30 Section 2: 9:00 – 9:30 Tai Chi 10:00-10:30, BJSW Aerobics RSB 1:00-2:30, 6:00-7:30 , BJSW Aerobics</p>	<p>20 <i>First Day of Spring</i> Restorative Class, BJSW Aerobics, 8:00-8:30 Gentle Balance and Strengthening, BJSW Aerobics 9:15 – 9:45 Moving Minds Memory 10:45-11:15</p> 	<p>21 Aqua Fit Water Aerobics, BJSW Pool Section 1: 8:00 – 8:30 Section 2: 9:00 – 9:30 Tai Chi 10:00-10:30, BJSW Aerobics RSB 1:00-2:30, BJSW Aerobics</p>	<p>22 Gentle Balance and Strengthening, BJSW Aerobics 9:15 – 9:45</p>
<p>25 Gentle Balance and Strengthening, BJSW Aerobics 9:15 – 9:45 Memory Stretch 1:15-1:30</p>	<p>26 Aqua Fit Water Aerobics, BJSW Pool Section 1: 8:00 – 8:30 Section 2: 9:00 – 9:30 Tai Chi 10:00-10:30, BJSW Aerobics RSB 1:00-2:30, 6:00-7:30 , BJSW Aerobics</p>	<p>27 Restorative Class, BJSW Aerobics, 8:00-8:30 Gentle Balance and Strengthening, BJSW Aerobics 9:15 – 9:45 Moving Minds Memory 10:45-11:15</p>	<p align="center">28 No Classes</p>	<p>29 Gentle Balance and Strengthening, BJSW Aerobics 9:15 – 9:45</p>