



# March 2026

## The Plaza

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 10:30 a.m. – <b>Strength Circuit + Boxing</b>	<b>3</b> 10:30 a.m. – <b>Balance + Stability</b> 11:15 a.m. – <b>Chair Yoga</b>	<b>4</b> 10:30 a.m. – <b>Strength Circuit + Boxing</b>	<b>5</b> 10:30 a.m. – <b>Balance + Stability</b> 11:15 a.m. – <b>Chair Yoga</b>	<b>6</b> 10:30 a.m. – <b>Be Wise Exercise</b>
<b>9</b> 10:30 a.m. – <b>Strength Circuit + Boxing</b>	<b>10</b> 10:30 a.m. – <b>Balance + Stability</b> 11:15 a.m. – <b>Chair Yoga</b>	<b>11</b> 10:30 a.m. – <b>Strength Circuit + Boxing</b>	<b>12</b> 10:30 a.m. – <b>Balance + Stability</b> 11:15 a.m. – <b>Chair Yoga</b>	<b>13</b>
<b>16</b> 10:30 a.m. – <b>Strength Circuit + Boxing</b>	<b>17</b> 10:30 a.m. – <b>Balance + Stability</b> 11:15 a.m. – <b>Chair Yoga</b>	<b>18</b> 10:30 a.m. – <b>Strength Circuit + Boxing</b>	<b>19</b> 10:30 a.m. – <b>Balance + Stability</b> 11:15 a.m. – <b>Chair Yoga</b>	<b>20</b> 10:30 a.m. – <b>Be Wise Exercise</b>
<b>23</b> 10:30 a.m. – <b>Strength Circuit + Boxing</b>	<b>24</b> 10:30 a.m. – <b>Balance + Stability</b> 11:15 a.m. – <b>Chair Yoga</b>	<b>25</b> 10:30 a.m. – <b>Strength Circuit + Boxing</b>	<b>26</b> 10:30 a.m. – <b>Balance + Stability</b> 11:15 a.m. – <b>Chair Yoga</b>	<b>27</b>
<b>30</b> 10:30 a.m. – <b>Strength Circuit + Boxing</b>	<b>31</b> 10:30 a.m. – <b>Balance + Stability</b> 11:15 a.m. – <b>Chair Yoga</b>		<b>Wellness Center Hours:</b> <b>7:00 a.m. to 8:00 p.m.</b> <b>7 days a week</b>	<b>Lori's Hours:</b> <b>7:30 a.m. to 4:00 p.m.</b> <b>Monday-Friday</b>

## Class descriptions:

### **Balance + Stability Circuit**

Challenge yourself while doing standing movement challenges as you proceed through a circuit of 14 exercises that will be modified to your ability. Medium to high intensity.

### **Strength + Boxing Circuit**

10 full body strength exercises that can be done seated or standing, to increase core, upper and lower body strength to improve endurance for daily activities. Low to medium intensity.

### **Be Wise Exercise**

This seated class focuses on energy efficient exercises that use the brain and body to improve postural strength and balance to increase daily endurance for all activities. Side effects: increased energy, decreased stress and strain on the body, less falls, improved sleep and digestion. Low intensity.

### **Chair Yoga**

This seated class focuses on relaxation, breathing, posture, and stretching all muscles from head to toe. Low intensity.