

March 2018

Healthy Start FRC



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 PACE 6-7 PM	2	3
4	5	6 Exercise Class "Bailoterapia"- 8:30-9:30AM	7 Exercise Class "Zumba"-4- 5PM Lindsay Diabetes Project- 5-7PM	8 CSET 8:30 AM&1:30PM Diabetes Support Group-5:30PM- 7:30PM	9 2 nd Cup of Coffee - 8:30AM- 9:30AM	10
11	12 Exercise Class "Zumba"- 8:30AM- 9:30AM	13 Yo Digo Si- 5:30PM Bailoterapia- 6:30PM	14 Exercise Class "Bailoterapia"-8:30AM- 9:30AM Lindsay Diabetes Project- 10-12PM &5-7PM Exercise Class "Zumba"-4- 5PM	15 Exercise Class "Bailoterapia"- 8:30AM-9:30AM	16	17 St Patrick's Day
18	19 Exercise Class "Zumba"- 8:30AM- 9:30AM	20	21 Exercise Class "Bailoterapia" -8:30AM- 9:30AM Lindsay Diabetes Project- 10AM-12PM &5-7PM Exercise Class "Zumba"-4- 5PM	22 CSET-8:30 & 1:30PM	23 2 nd Cup of Coffee- 8:30- 9:30AM Exercise Class "Bailoterapi a"-9:30- 10:30AM	24
25	26	27 Yo Digo Si- 5:30PM Bailoterapia- 6:30PM	28 Exercise Class "Bailoterapia"- 8:30 AM - 9:30AM Lindsay Diabetes Project- 10-12PM & 5-7PM Exercise Class "Bailoterapia"- 4-5PM	29 Exercise Class - 8:30-9:30AM	30 Office Closed Good Friday	31