


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>March</h1> <h2>HEALTH & FITNESS 2025</h2> <p>A = Advanced Level B = Beginner Level I = Intermediate Level</p>			 <p>THE SPIRES AT BERRY COLLEGE</p>			10:00 Walking Club 1
9:00 Step Aerobics 2 10:00 Resident Walk 3:00–4:00 Table Tennis 3:30 Water Aerobics – Janie Bird	9:15 Strength Training 3 (A) – Jen 10:15 Washboard Abs (A) – Jen 10:00 Memory Care – Tay 11:00 Assisted Living – Tay 11:30 Skilled Nursing – Tay 1:30 Cardio Drumming (B, I, A) – Jen 2:15 Creative Movement (A, I) – Jen	8:30 Water Aerobics – Lee 4 9:15 Cardio Crush (A) – Jen 10:00 Stretch 2 (A, I) – Jen 2:00 MARDI GRAS PARADE MARDI GRAS	8:30 Water Aerobics – Lee 5 9:15 Strength Training (A) – Jen 10:15 Washboard Abs (A, I) – Jen 11:00 Assisted Living – Tay 11:30 Skilled Nursing – Tay 1:30 Balance (I, B) – Tay 2:15 Stretch 1 (I, B) – Tay 3:00–4:30 Table Tennis 3:30 Water Aerobics – Janie Bird	8:30 Water Aerobics – Lee 6 9:15 Circuit City (A) – Tay 10:00 Chair Dancing – Judy 11:30 Memory Care – Tay 1:00–3:00 Pickleball 1:30 Sittercize (I, B) – Tay 2:15 Stretch 1 (I, B) – Tay	9:15 Strength Training (A) – Jen 7 10:15 Washboard Abs (A, I) – Jen 11:00 Cardio Drumming (A, I, B) – Jen 1:30 BenderBall Chair Dancing (I, B) – Jen 2:15 Gentle Chair Yoga (I, B) – Jen	10:00 Walking Club 8
9:00 Step Aerobics 9 10:00 Resident Walk 3:00–4:00 Table Tennis 3:30 Water Aerobics – Janie Bird DAYLIGHT SAVING TIME BEGINS	9:15 Strength Training 10 (A) – Jen 10:15 Washboard Abs (A) – Jen 10:00 Memory Care – Tay 11:00 Assisted Living – Tay 11:30 Skilled Nursing – Tay 1:30 Cardio Drumming (B, I, A) – Jen 2:15 Creative Movement (A, I) – Jen	8:30 Water Aerobics – Lee 11 9:15 Cardio Crush (A) – Jen 10:00 Stretch 2 (A, I) – Jen 1:00–3:00 Pickleball 1:30 Functional Training (A, I, B) – Jen 2:15 Chair Strength Training (I, B) – Jen 3:30 Spires Strutters – Judy	8:30 Water Aerobics – Lee 12 9:15 Strength Training (A) – Jen 10:15 Washboard Abs (A, I) – Jen 11:00 Assisted Living – Tay 11:30 Skilled Nursing – Tay 1:30 Balance (I, B) – Tay 2:15 Stretch 1 (I, B) – Tay 3:00–4:30 Table Tennis 3:30 Water Aerobics – Janie Bird	8:30 Water Aerobics – Lee 13 9:15 Circuit City (A) – Tay 10:00 Chair Dancing – Judy 11:30 Memory Care – Tay 1:00–3:00 Pickleball 1:30 Sittercize (I, B) – Tay 2:15 Stretch 1 (I, B) – Tay PURIM BEGINS	9:15 Strength Training (A) – Jen 14 10:15 Washboard Abs (A, I) – Jen 11:00 Cardio Drumming (A, I, B) – Jen 1:30 BenderBall Chair Dancing (I, B) – Jen 2:15 Gentle Chair Yoga (I, B) – Jen	10:00 Walking Club 15
9:00 Step Aerobics 16 10:00 Resident Walk 3:00–4:00 Table Tennis 3:30 Water Aerobics – Janie Bird	9:15 Strength Training 17 (A) – Jen 10:15 Washboard Abs (A) – Jen 10:00 Memory Care – Tay 11:00 Assisted Living – Tay 11:30 Skilled Nursing – Tay 1:30 Cardio Drumming (B, I, A) – Jen 2:15 Creative Movement (A, I) – Jen ST. PATRICK'S DAY	8:30 Water Aerobics – Lee 18 9:15 Cardio Crush (A) – Jen 10:00 Stretch 2 (A, I) – Jen 1:00–3:00 Pickleball 1:30 Functional Training (A, I, B) – Jen 2:15 Chair Strength Training (I, B) – Jen 3:30 Spires Strutters – Judy	8:30 Water Aerobics – Lee 19 9:15 Strength Training (A) – Jen 10:15 Washboard Abs (A, I) – Jen 11:00 Assisted Living – Tay 11:30 Skilled Nursing – Tay 1:30 Balance (I, B) – Tay 2:15 Stretch 1 (I, B) – Tay 3:00–4:30 Table Tennis 3:30 Water Aerobics – Janie Bird	8:30 Water Aerobics – Lee 20 9:15 Circuit City (A) – Tay 10:00 Chair Dancing – Judy 11:30 Memory Care – Tay 1:00–3:00 Pickleball 1:30 Sittercize (I, B) – Tay 2:15 Stretch 1 (I, B) – Tay SPRING BEGINS	9:15 Strength Training (A) – Jen 21 10:15 Washboard Abs (A, I) – Jen 11:00 Cardio Drumming (A, I, B) – Jen 1:30 BenderBall Chair Dancing (I, B) – Jen 2:15 Gentle Chair Yoga (I, B) – Jen	10:00 Walking Club 22
9:00 Step Aerobics 23 10:00 Resident Walk 3:00–4:00 Table Tennis 3:30 Water Aerobics – Janie Bird	9:15 Strength Training 24 (A) – Jen 10:15 Washboard Abs (A) – Jen 10:00 Memory Care – Tay 11:00 Assisted Living – Tay 11:30 Skilled Nursing – Tay 1:30 Cardio Drumming (B, I, A) – Jen 2:15 Creative Movement (A, I) – Jen	8:30 Water Aerobics – Lee 25 9:15 Cardio Crush (A) – Jen 10:00 Stretch 2 (A, I) – Jen 1:00–3:00 Pickleball 1:30 Functional Training (A, I, B) – Jen 2:15 Chair Strength Training (I, B) – Jen 3:30 Spires Strutters – Judy	8:30 Water Aerobics – Lee 26 9:15 Strength Training (A) – Jen 10:15 Washboard Abs (A, I) – Jen 11:00 Assisted Living – Tay 11:30 Skilled Nursing – Tay 1:30 Balance (I, B) – Tay 2:15 Stretch 1 (I, B) – Tay 3:00–4:30 Table Tennis 3:30 Water Aerobics – Janie Bird	8:30 Water Aerobics – Lee 27 9:15 Circuit City (A) – Tay 10:00 Chair Dancing – Judy 11:30 Memory Care – Tay 1:00–3:00 Pickleball 1:30–4:00 GUN RANGE W/JEN	9:15 Strength Training (A) – Jen 28 10:15 Washboard Abs (A, I) – Jen 11:30–1:30 BOWLING W/THE FITNESS CREW	29
9:00 Step Aerobics 30 10:00 Resident Walk 3:00–4:00 Table Tennis 3:30 Water Aerobics – Janie Bird	9:15 Strength Training 31 (A) – Jen 10:15 Washboard Abs (A) – Jen 10:00 Memory Care – Tay 11:00 Assisted Living – Tay 11:30 Skilled Nursing – Tay 1:30 Cardio Drumming (B, I, A) – Jen 2:15 Creative Movement (A, I) – Jen					