




# MARCH 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Gym = G</b> <b>Fitness Center = FC</b> <b>Indoor Pool = P</b>				<b>1</b> 9am Men Bowl At Alley Kat Lanes 11am Aerobic/Weights Exercises G 12 Aqua Aerobics P 5pm Men's Basketball G	<b>2</b> 8:30am Cardio Fitness G 8:30am Aqua Aerobics P 10:30am Zumba G 3pm Ping Pong G	<b>3</b> 9:30am Beginner Line Dancing G 10:30am Country Line Dancing G.
<b>4</b>	<b>5</b> 8:30am Aqua Aerobics P 10am Women's Bowling 10:30am Zumba G 5:30pm Men's Basketball G	<b>6</b> 9am Pilates Class G 10am RACE G 11am Aerobic/Weights Exercises G 6pm Tai Chi G 6:55pm Posture Alignment G	<b>7</b> 8:30am Aqua Aerobic P 10:30am Zumba G 3pm Ping Pong G 4:45pm Basketball G 7pm Square DancingG	<b>8</b> 9am Men Bowl At Alley Kat Lanes 11am Aerobic/Weights Exercises G 12 Aqua Aerobics P 5pm Men's Basketball G	<b>9</b> 8:30am Cardio Fitness G 8:30am Aqua Aerobics P 10:30am Zumba G 3pm Ping Pong G	<b>10</b> 9:30am Beginner Line Dancing G 10:30am Country Line Dancing G.
<b>11</b>	<b>12</b> 8:30am Aqua Aerobics P 10am Women's Bowling 10:30am Zumba G 5:30pm Men's Basketball G	<b>13</b> 9am Pilates Class G 10am RACE G 11am Aerobic/Weights Exercises G 6pm Tai Chi G 6:55pm Posture Alignment G	<b>14</b> 8:30am Aqua Aerobics P 10:30am Zumba G 3pm Ping Pong G 4:45pm Basketball G 7pm Square DancingG	<b>15</b> 9am Men Bowl At Alley Kat Lanes 11am Aerobic/Weights Exercises G 12 Aqua Aerobics P 5pm Men's Basketball	<b>16</b> 8:30am Cardio Fitness G 8:30am Aqua Aerobics P 10:30am Zumba G 3pm Ping Pong G	<b>17</b> 9:30am Beginner Line Dancing G 10:30am Country Line Dancing G.
<b>18</b>	<b>19</b> 8:30am Aqua Aerobics P 10am Women's Bowling 10:30am Zumba G 5:30pm Men's Basketball G	<b>20</b> 9am Pilates Class G 10am RACE G 11am Aerobic/Weights Exercises G 6pm Tai Chi G 6:55pm Posture Alignment G	<b>21</b> 8:30am Aqua Aerobics P 10:30am Zumba G 3pm Ping Pong G 4:45pm Basketball G 7pm Square DancingG	<b>22</b> 9am Men Bowl At Alley Kat Lanes 11am Aerobic/Weights Exercises G 12 Aqua Aerobics P 5pm Men's Basketball G	<b>23</b> 8:30am Cardio Fitness G 8:30am Aqua Aerobics P 10:30am Zumba G 3pm Ping Pong G	<b>24</b> 9:30am Beginner Line Dancing G 10:30am Country Line Dancing G.
<b>25</b>	<b>26</b> 8:30am Aqua Aerobics P 10Women'sBowling 10:30am Zumba G 5:30pm Men's Basketball G	<b>27</b> 9am Pilates Class G\ 10am RACE G 11am Aerobic/Weights Exercises G 3pm Blood Pres. CLR 6pm Tai Chi G 6:55pm Posture Alig G	<b>28</b> 8:30am Aqua Aerobics P 10:30am Zumba G 3pm Ping Pong G 4:45pm Basketball G 7pmSquare Dancing G	<b>29</b> 9am Men Bowl At Alley Kat Lanes 11am Aerobic/Weights Exercises G 12 Aqua Aerobics P 5pm Men's Basketball G	<b>30</b> 8:30am Cardio Fitness G 8:30am Aqua Aerobics P 10:30am Zumba G 3pm Ping Pong G	<b>31</b> 9:30am Beginner Line Dancing G 10:30am Country Line Dancing G.

## OAK POINT FITNESS CALENDAR