

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>    </div>						
3p Burt's Brain Games (Lobby)	<b>3</b> 9a-10a Fitness Room Supervised by Jillian 10:30a Strength Training with Jillian (RCR) 2p Best Foot Forward: Balance Training (RCR-S) 3p Fitness Room Group Workout with Jillian	<b>4</b> 9a-10a Fitness Room Supervised by Jillian 10:30a Aerobics with Eddi (RCR) 10:45a Blood Pressure (5 <sup>th</sup> Fl) <u>3p Wellness Discussion</u> <u>Group: Topic – Hydration (RCR-S)</u>	<b>5</b> <b><u>NO CIRCUIT TRAINING WITH JILLIAN TODAY</u></b> 9a-10a Fitness Room Supervised by Jillian 3p Fitness Room Group Workout with Jillian <small>Ash Wednesday</small>	<b>6</b> 9a-10a Fitness Room Supervised by Jillian 10:30a Aerobics with Eddi (RCR) 3p Fitness Room Group Workout with Jillian	<b>7</b> 9a-10a Fitness Room Supervised by Jillian 10:30a Fitness and Fun with Saul (RCR) 3p Fitness Room Group Workout with Jillian	<b>8</b> 9a-10a Fitness Room Supervised by Jillian 10:30a Strength and Coordination with Saul (RCR)
<b>10</b> 3p Burt's Brain Games (Lobby) <small>Daylight Saving Time Begins</small>	<b>11</b> 9a-10a Fitness Room Supervised by Jillian 10:30a Strength Training with Jillian (RCR) 2p Best Foot Forward: Balance Training (RCR-S) 3p Fitness Room Group Workout with Jillian	<b>12</b> 9a-10a Fitness Room Supervised by Jillian 10:30a Aerobics with Eddi (RCR) 10:45a Blood Pressure (5 <sup>th</sup> Fl) <u>3p Wellness Discussion</u> <u>Group: Topic – Fiber (RCR-S)</u>	<b>13</b> 9a-10a Fitness Room Supervised by Jillian 10:30a Circuit Training with Jillian (RCR) 2p Best Foot Forward: Balance Training (RCR)	<b>14</b> 9a-10a Fitness Room Supervised by Jillian 10:30a Aerobics with Eddi (RCR)	<b>15</b> 9a-10a Fitness Room Supervised by Jillian 10:30a Fitness and Fun with Saul (RCR) 3p Fitness Room Group Workout with Jillian	<b>16</b> 10:30a Strength and Coordination with Saul (RCR)
<b>17</b> 3p Burt's Brain Games (Lobby) <small>St. Patrick's Day</small>	<b>18</b> 9a-10a Fitness Room Supervised by Jillian 10:30a Strength Training with Jillian (RCR) 2p Best Foot Forward: Balance Training (RCR-S) 3p Fitness Room Group Workout with Jillian	<b>19</b> 9a-10a Fitness Room Supervised by Jillian 10:30a Aerobics with Eddi (RCR) 10:45a Blood Pressure (5 <sup>th</sup> Fl) <u>3p Wellness Discussion</u> <u>Group: Topic – Medications and Exercise (RCR-S)</u>	<b>20</b> 9a-10a Fitness Room Supervised by Jillian 10:30a Circuit Training with Jillian (RCR) 2p Best Foot Forward: Balance Training (RCR-S) 3p Fitness Room Group Workout with Jillian <small>Spring Begins</small>	<b>21</b> 9a-10a Fitness Room Supervised by Jillian 10:30a Aerobics with Eddi (RCR) 3p Fitness Room Group Workout with Jillian <small>Purim</small>	<b>22</b> 9a-10a Fitness Room Supervised by Jillian 10:30a Fitness and Fun with Saul (RCR)	<b>23</b>
<b>24</b> 3p Burt's Brain Games (Lobby)	<b>25</b> 9a-10a Fitness Room Supervised by Jillian 10:30a Strength Training with Jillian (RCR) 2p Best Foot Forward: Balance Training (RCR-S)	<b>26</b> 9a-10a Fitness Room Supervised by Jillian 10:30a Aerobics with Eddi (RCR) 10:45a Blood Pressure (5 <sup>th</sup> Fl) <u>3p Wellness Discussion</u> <u>Group: Topic – The Cardiovascular System (RCR-S)</u>	<b>27</b> 9a-10a Fitness Room Supervised by Jillian 10:30a Circuit Training with Jillian (RCR) 2p Best Foot Forward: Balance Training (RCR)	<b>28</b> 9a-10a Fitness Room Supervised by Jillian 10:30a Aerobics with Eddi (RCR)	<b>29</b> 9a-10a Fitness Room Supervised by Jillian 10:30a Fitness and Fun with Saul (RCR) 3p Fitness Room Group Workout with Jillian	<b>30</b> 10:30a Strength and Coordination with Saul (RCR)
<b>31</b> 3p Burt's Brain Games (Lobby)	<div>    </div> <p><b>INDEPENDENT LIVING WELLNESS CALENDAR</b></p>					