

BRIDGEWATER SENIOR CALENDAR

March 2019

Donna Langel 908-725-8020/575-8021

Mon	Tue	Wed	Thu	Fri
				1 ZUMBA 9:30 Weights 10:30 Aerobics 11:30
4 Strength Bands 9:30 Chair Aerobics 10:15 Dance Fitness 11:15 Weights 12:15 Tap Dance 1:15 Jewelry class 12:00-2:30	5 Knitting 10:00 Pool/Shuffle Board 10:00 Club Meeting 12:00 Bingo	6 Sit & Get Fit 9:30 Weights 10:30 Aerobics 11:30 C/W Line Dance 12:30 MahJong & Cards 12:00	7 Computer class 9:30 Tai Chi 9:30 Yoga 10:45 Strength Training 12:00	8 ZUMBA 9:30 Weights 10:30 Aerobics 11:30
11 Strength Bands 9:30 Chair Aerobics 10:15 Dance Fitness 11:15 Weights 12:15 Tap Dance 1:15 Jewelry class 12:00-2:30	12 Knitting 10:00 Pool/Shuffle Board 10:00 Club Meeting 12:00 Business Meeting	13 Sit & Get Fit 9:30 Weights 10:30 Aerobics 11:30 C/W Line Dance 12:30 MahJong & Cards 12:00	14 Computer class 9:30 Tai Chi 9:30 Yoga 10:45 Strength Training 12:00	15 ZUMBA 9:30 Weights 10:30 Aerobics 11:30
18 Strength Bands 9:30 Chair Aerobics 10:15 Dance Fitness 11:15 Weights 12:15 Tap Dance 1:15 Jewelry class 12:00-2:30	19 Knitting 10:00 Pool/Shuffle Board 10:00 Club Meeting 12:00	20 Sit & Get Fit 9:30 Weights 10:30 Aerobics 11:30 MahJong & Cards 12:00	21 Computer class 9:30 Tai Chi 9:30 Yoga 10:45 Strength Training 12:00	22 ZUMBA 9:30 Weights 10:30 Aerobics 11:30
25 Strength Bands 9:30 Chair Aerobics 10:15 Dance Fitness 11:15 Weights 12:15 Tap Dance 1:15 Jewelry class 12:00-2:30	26 Knitting 10:00 Pool/Shuffle Board 10:00 Club Meeting 12:00 Birthday Lunch –provided by Coldwell Bank	27 Sit & Get Fit 9:30 Weights 10:30 Aerobics 11:30 C/W Line Dance 12:30 MahJong & Cards 12:00	28 Hunterdon Hills 10:15 Take Me Away Computer class 9:30 Tai Chi 9:30 Yoga 10:45 Strength Training 12:00	29 ZUMBA 9:30 Weights 10:30 Aerobics 11:30