



SCHEDULE

MARCH 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Personal training available by appointment
Jonathan Limon, BS

Massage Therapy by appointment as noted
Michael Foster, CMT

1
9am-6pm
Massage available by appointment
11:30am-12pm
Balance/Strength

2
5-6pm Step Class

3
8am -12pm **Massage available by appointment**
11:30am-12pm
Balance/Strength

4

6
9am-6pm
Massage available by appointment
11:30am-12pm
Balance/Strength

7
5-6pm Step Class

8
9am-6pm
Massage available by appointment
11:30am-12pm
Balance/Strength

9
5-6pm Step Class

10
8am -12pm **Massage available by appointment**
11:30am-12pm
Balance/Strength

11

13
9am-6pm
Massage available by appointment
11:30am-12pm
Balance/Strength

14
5-6pm Step Class

15
9am-6pm
Massage available by appointment
11:30am-12pm
Balance/Strength

16
5-6pm Step Class

17
8am -12pm **Massage available by appointment**
11:30am-12pm
Balance/Strength
CLOSED 12pm

18

20
9am-6pm
Massage available by appointment
11:30am-12pm
Balance/Strength

21
5-6pm Step Class

22
9am-6pm
Massage available by appointment
11:30am-12pm
Balance/Strength

23
5-6pm Step Class

24
8am -12pm **Massage available by appointment**
11:30am-12pm
Balance/Strength

25

27
9am-6pm
Massage available by appointment
11:30am-12pm
Balance/Strength

28
5-6pm Step Class

29
9am-6pm
Massage available by appointment
11:30am-12pm
Balance/Strength

30
5-6pm Step Class

31
8am -12pm **Massage available by appointment**
11:30am-12pm
Balance/Strength