

March 2010

EXERCISE SCHEDULE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 10-10:30 STRETCH 1-2 YOGA	2 10-10:45 Group Training (paid class)	3 10-10:30 STRETCH	4 10-10:45 Group Training	5 10-10:30 STRETCH	6 10—11 Safe on Feet DVD
7	8 10-10:30 STRETCH 1-2 YOGA	9 10-10:45 Group Training (paid class)	10 10—10:30 STRETCH	11 10-10:45 Group Training	12 10—10:30 STRETCH	13 10—11 Safe on Feet DVD
14	15 10-10:30 STRETCH 1-2 YOGA	16 10-10:45 Group Training	17 10—10:30 STRETCH	18 10-10:45 Group Training	19 10—10:30 STRETCH	20 10—11 Safe on Feet DVD
21	22 10-10:30 STRETCH 1-2 YOGA	23 10-10:45 Group Training (paid class)	24 10—10:30 STRETCH	25 10-10:45 Group Training	26 10—10:30 STRETCH	27 10—11 Safe on Feet DVD
28	29 10-10:30 STRETCH 1-2 YOGA	30 10-10:45 Group Training (paid class)	31 10—10:30 STRETCH			

Classes are held in the Sullivan Theater. Saturday DVD in Sullivan Theater. Instructors: Lucie Flood, Diana Del Garbino, Questions: 503-496-3715 TAI CHI with James Lusk coming in April !!