

# RANCH

# March 2016

# EXERCISE

| Sun   | Mon | Tue   | Wed  | Thur   | Fri  | Sat  |  |                  |
|---|-----|---|--|--|--|--|--|------------------|
| <p><b>DAYLIGHT SAVINGS TIME<br/>STARTS MARCH 13TH --<br/>SPRING FORWARD</b></p> |     | <p><b>1</b><br/>Aerobics 8 am<br/>Chair Exercise 8:30 am<br/>Aquacise 8:30 am</p> | <p><b>2</b><br/>Aquacise 8:30 am<br/>Ping Pong 6 pm</p>  | <p><b>3</b><br/>Aerobics 8 am<br/>Chair Exercise 8:30 am<br/>Aquacise 8:30 am</p>  | <p><b>4</b><br/>Aquacise 8:30 am<br/>Ping Pong 6 pm</p>  | <p><b>5</b></p>  |  |                  |
|   |     | <p><b>6</b><br/>WII Bowling &amp; Tennis<br/>1:30 - 3:30 pm</p>                   | <p><b>7</b><br/>Aerobics 8 am<br/>Chair Exercise 8:30 am<br/>Aquacise 8:30 am</p>                  | <p><b>8</b><br/>Aerobics 8 am<br/>Chair Exercise 8:30 am<br/>Aquacise 8:30 am</p>  | <p><b>9</b><br/>Aquacise 8:30 am<br/>Ping Pong 6 pm</p>  | <p><b>10</b><br/>Aerobics 8 am<br/>Chair Exercise 8:30 am<br/>Aquacise 8:30 am</p> | <p><b>11</b><br/>Aquacise 8:30 am<br/>Ping Pong 6 pm</p> | <p><b>12</b></p> |
|   |     | <p><b>13</b><br/>WII Bowling &amp; Tennis<br/>1:30 - 3:30 pm</p>                  | <p><b>14</b><br/>Aerobics 8 am<br/>Chair Exercise 8:30 am<br/>Aquacise 8:30 am<br/>Golf Windup</p> | <p><b>15</b><br/>Aerobics 8 am<br/>Chair Exercise 8:30 am<br/>Aquacise 8:30 am</p> | <p><b>16</b><br/>Aquacise 8:30 am</p>                    | <p><b>17</b><br/>Aerobics 8 am<br/>Chair Exercise 8:30 am<br/>Aquacise 8:30 am</p> | <p><b>18</b><br/>Aquacise 8:30 am<br/>Ping Pong 6 pm</p> | <p><b>19</b></p> |
|   |     | <p><b>20</b><br/>WII Bowling &amp; Tennis<br/>1:30 - 3:30 pm</p>                  | <p><b>21</b><br/>Aerobics 8 am<br/>Chair Exercise 8:30 am<br/>Aquacise 8:30 am</p>                 | <p><b>22</b><br/>Aerobics 8 am<br/>Chair Exercise 8:30 am<br/>Aquacise 8:30 am</p> | <p><b>23</b><br/>Aquacise 8:30 am<br/>Ping Pong 6 pm</p> | <p><b>24</b><br/>Aerobics 8 am<br/>Chair Exercise 8:30 am<br/>Aquacise 8:30 am</p> | <p><b>25</b><br/>Aquacise 8:30 am<br/>Ping Pong 6 pm</p> | <p><b>26</b></p> |
|   |     | <p><b>27</b><br/>WII Bowling &amp; Tennis<br/>1:30 - 3:30 pm</p>                  | <p><b>28</b><br/>Aerobics 8 am<br/>Chair Exercise 8:30 am<br/>Aquacise 8:30 am</p>                 | <p><b>29</b><br/>Aerobics 8 am<br/>Chair Exercise 8:30 am<br/>Aquacise 8:30 am</p> | <p><b>30</b><br/>Aquacise 8:30 am<br/>Ping Pong 6 pm</p> | <p><b>31</b><br/>Aerobics 8 am<br/>Chair Exercise 8:30 am<br/>Aquacise 8:30 am</p> |  |                  |