



201 Recreation Rd.  
Dawsonville, GA  
30534

March 2017 ~ Exercise

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MARGIE WEAVER SENIOR CENTER

| Mon  | Tue  | Wed                                      | Thu  | Fri  |
|--|--|--|--|--|
|  |  | <p>1<br/>10:00~Tai Chi (at the Gym)</p>  | <p>2<br/>9:00~SS Circuit<br/>10:00~SS Classic</p>  | <p>3<br/>9:00~Floor Yoga<br/>10:00~Chair Yoga</p>  |
| <p>6<br/>9:00~Tai Chi Practice (Downstairs)</p>  | <p>7<br/>9:00~SS Circuit<br/>10:00~SS Classic</p>  | <p>8<br/>10:00~Tai Chi (at the Gym)</p>  | <p>9<br/>9:00~SS Circuit<br/>10:00~SS Classic</p>  | <p>10<br/>9:00~Floor Yoga<br/>10:00~Chair Yoga</p> |
| <p>13<br/>9:00~Tai Chi Practice (Downstairs)</p> | <p>14<br/>9:00~SS Circuit<br/>10:00~SS Classic</p> | <p>15<br/>10:00~Tai Chi (at the Gym)</p> | <p>16<br/>9:00~SS Circuit<br/>10:00~SS Classic</p> | <p>17<br/>9:00~Floor Yoga<br/>10:00~Chair Yoga</p> |
| <p>20<br/>9:00~Tai Chi Practice (Downstairs)</p> | <p>21<br/>9:00~SS Circuit<br/>10:00~SS Classic</p> | <p>22<br/>10:00~Tai Chi (at the Gym)</p> | <p>23<br/>9:00~SS Circuit<br/>10:00~SS Classic</p> | <p>24<br/>9:00~Floor Yoga<br/>10:00~Chair Yoga</p> |
| <p>27<br/>9:00~Tai Chi Practice (Downstairs)</p> | <p>28<br/>9:00~SS Circuit<br/>10:00~SS Classic</p> | <p>29<br/>10:00~Tai Chi (at the Gym)</p> | <p>30<br/>9:00~SS Circuit<br/>10:00~SS Classic</p> | <p>31<br/>9:00~Floor Yoga<br/>10:00~Chair Yoga</p> |