


# PAL Exercise March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>All programs are located in the Seniors' Centre, unless indicated.  <b>Questions – Call <u>8017</u> to reach Amelie or Melissa</b></p>					<p>1  <b>10:00 Sign-Ups</b>            10:30 Men's Strength Training            2:00 Level 1</p>	<p>2  <b>11:00</b> Level 2</p>
<p>3            2:30 Balance</p>	<p>4            10:00 Level 1            10:30 Hand Therapy (SH)            2:30 Stretch/Strengthen</p>	<p>5            10:30 Women's Fitness            1:30 Wheelchair/Walker Repair (FSL)            2:00 Chair Yoga/Tai Chi            3:30 Level 1</p>	<p>6            2:00 Level 2            3:00 Level 1</p>	<p>7  <b>10:15 Swim (sign-up)</b>            2:00 Balance            3:00 Level 1</p>	<p>8            10:30 Men's Strength Training            2:00 Level 1</p>	<p>9</p>
<p>10</p>	<p>11            10:00 Level 1  <b>1:15 Chair Zumba</b>            10:30 Hand Therapy (SH)            2:30 Stretch/Strengthen</p>	<p>12            10:30 Women's Fitness            1:30 Wheelchair/Walker Repair (FSL)            2:00 Chair Yoga/Tai Chi            3:30 Level 1</p>	<p>13            2:00 Level 2            3:00 Level 1</p>	<p>14  <b>2:00/2:30 Walking Balance (sign-up)</b>            3:00 Level 1</p>	<p>15            10:30 Men's Strength Training            2:00 Level 1</p>	<p>16            10:00 Level 2</p>
<p>17  <b>St Patrick's Day!</b>            2:30 Balance </p>	<p>18            10:00 Level 1            10:30 Hand Therapy (SH)            2:30 Stretch/Strengthen</p>	<p>19            10:30 Women's Fitness            1:30 Wheelchair/Walker Repair (FSL)            2:00 Chair Yoga/Tai Chi            3:30 Level 1</p>	<p>20  <b>10:30 Exercise Circuit</b>            2:00 Level 2            3:00 Level 1</p>	<p>21            2:00 Balance            3:00 Level 1</p>	<p>22            10:30 Men's Strength Training            2:00 Level 1</p>	<p>23            10:00 Level 2</p>
<p>24            2:30 Balance</p>	<p>25            10:00 Level 1            10:30 Hand Therapy (SH)  <b>1:15 Chair Zumba</b>  <b>2:30 Easter Exercise Egg Hunt</b></p>	<p>26            10:30 Women's Fitness            1:30 Wheelchair/Walker Repair (FSL)            2:00 Chair Yoga/Tai Chi            3:30 Level 1</p>	<p>27            2:00 Level 2            3:00 Level 1</p>	<p>28  <b>10:15 Swim (sign-up)</b>  <b>2:00 Functional Balance</b>            3:00 Level 1</p>	<p>29  <i>Good Friday!</i>            10:30 Men's Strength Training</p>	<p>30</p>
<p>31</p>						