

# March

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <u>HIGH ENERGY ZUMBA:</u> 30 MIN	2 <u>QIGONG FOR FLEXIBILITY:</u> 15 MIN	3 <u>ANKLE STRENGTH:</u> 15 MIN	4 <u>GET UP AND GO CARDIO:</u> 23 MIN	5 <u>FUNCTIONAL BALANCE:</u> 7 MIN	6 <u>NO EQUIPMENT WORKOUT:</u> 13 MIN	7 <u>STRESS RELIEF CARDIO:</u> 23 MIN
8 <u>LOW BACK PAIN EXERCISE:</u> 12 MIN	9 <u>LOWER BODY WORKOUT:</u> 10 MIN	10 <u>ACTIVE AGER CARDIO:</u> 29 MIN	11 <u>BEDTIME TAI CHI:</u> 9 MIN	12 <u>HIIT FOR SENIORS:</u> 21 MIN	13 <u>RELIEVE MORNING STIFFNESS:</u> 7 MIN	14 <u>ENERGY BOOST CARDIO:</u> 21 MIN
15 <u>FREE WEIGHT WORKOUT:</u> 15 MIN	16 <u>EXERCISES FOR HAND PAIN:</u> 17 MIN	17 <u>BEGINNER CARDIO WORKOUT:</u> 21 MIN	18 <u>RESISTANCE BAND WORKOUT:</u> 11 MIN	19 <u>SELF MASSAGE FOR NECK &amp; SHOULDERS:</u> 11 MIN	20 <u>EASY SENIOR ZUMBA:</u> 26 MIN	21 <u>MEDICINE BALL TONE UP:</u> 11 MIN
22 <u>ARTHRITIS FOOT PAIN EXERCISE:</u> 11 MIN	23 <u>TV THEME SONG WORKOUT:</u> 25 MIN	24 <u>CIRCUIT WORKOUT:</u> 45 MIN	25 <u>CHARLESTON ENERGY BOOST:</u> 2 MIN	26 <u>CARDIO WITH ANISSA:</u> 29 MIN	27 <u>STOMACH TONING CHAIR WORKOUT:</u> 15 MIN	28 <u>FITNESS BLEND:</u> 30 MIN
29 <u>HEART PUMPING CARDIO:</u> 25 MIN	30 <u>OUTER HIP PAIN EXERCISE:</u> 7 MIN	31 <u>MUSCLE BUILDING WORKOUT:</u> 25 MIN				