

March 2019

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday




Thank you Event Partners:
Granada Squares Denim & Lace,
ReFIT,
Runner's High

Advent Health
 Daytona Beach



REVISED on March 19

<p>3 Bowling, 3-5 pm</p>	<p>4 Yoga, 6pm Tai Chi, 11 am (\$5) Personal training, 5:30 & 6:30 am, 2:15, 5, 5:15 & 6pm</p>	<p>5 Chair yoga, 9am Personal training, 2:15 & 5:15 pm Square Dancing, 6 pm Kickboxing, 7:30 pm</p>	<p>6 Personal training, 5 & 6 pm</p>	<p>7  CHANGE YOUR LIFE Lunch & Learn, 10:30 am REFIT, 6:30 pm (RSVP for Fish/Tomoka 673-0022) Hatha Flow, 7:30 pm Kickboxing, 7:30 pm</p>	<p>8 Chair yoga, 9am Personal training, 2:15 & 6 pm</p>	<p>2 Walk w/the Mayor, 8:30 am Bridge walk, 9:30 am Hatha Flow, 10 am Roller-Skating, 4:30-6:30 pm</p> <p>9 Bridge walk, 9:30 am Zumba, 9:30 am Hatha Flow, 10 am  How to Fish the Tomoka, 11 am Roller-Skating, 4:30-6:30 pm</p>
<p>10 Bowling, 3-5 pm</p>	<p>11 Yoga, 6pm Tai Chi, 11 am (\$5) Personal training, 5:30 & 6:30 am, 2:15, 5, 5:15 & 6pm</p>	<p>12 Chair yoga, 9am Health seminar, 10:30 am Personal training, 2:15 & 5:15 pm Square Dancing, 6 pm Kickboxing, 7:30 pm</p>	<p>13 Personal training, 5 & 6 pm</p>	<p>14 Lunch & Learn, 10:30 am  REFIT, 6:30 pm Hatha Flow, 7:30 pm Kickboxing, 7:30 pm</p>	<p>15 Chair yoga, 9am Personal training, 2:15 & 6 pm</p>	<p>16 Bridge walk, 9:30 am Hatha Flow, 10 am Roller-Skating, 4:30-6:30 pm</p>
<p>17 Bowling, 3-5 pm</p>	<p>18 Yoga, 6pm Tai Chi, 11 am (\$5) Personal training, 5:30 & 6:30 am, 2:15, 5, 5:15 & 6pm</p>	<p>19 Chair yoga, 9am Personal training, 2:15 & 5:15 pm Seminar 5:30 pm, Healthy Gut Square Dancing, 6 pm Kickboxing, 7:30 pm</p>	<p>20 Zumba, 9:30 (\$4) Personal training, 5 & 6 pm</p>	<p>21 Lunch & Learn, 10:30 am REFIT, 6:30 pm Hatha Flow, 7:30 pm Kickboxing, 7:30 pm</p>	<p>22 Chair yoga, 9am Personal training, 2:15 & 6 pm</p>	<p>23 Walk w/the Mayor, 8:30 am Tomoka Marathon-5K Jazzercise, 9am Zumba, 9:30 am Bridge walk, 9:30 am Hatha Flow, 10 am Roller-Skating, 4:30-6:30 pm</p>

24 Bowling, 3-5 pm	25 Yoga, 6pm Tai Chi, 11 am (\$5) Personal training, 5:30 & 6:30 am, 2:15, 5, 5:15 & 6pm	26 Chair yoga, 9am Personal training, 2:15 & 5:15 pm Square Dancing, 6 pm Kickboxing, 7:30 pm	27 Zumba, 9:30 (\$4) Personal training, 5 & 6 pm	28  Lunch & Learn, 10:30 am REFIT, 6:30 pm Hatha Flow, 7:30 pm Kickboxing, 7:30 pm	29 Chair yoga, 9am Personal training, 2:15 & 6 pm Health Happy Hour, 4-6 pm, SkyActive	30 Bridge walk, 9:30 am Hatha Flow, 10 am Roller-Skating, 4:30-6:30 pm
31 Bowling, 3-5 pm	March Happiness Walking Challenge Ends	 <p>NOTES: Stay focused = <i>think about your success</i> + <i>feel the spark of improvement</i> + <i>choose the activities that make you happy!</i></p>				

MAYOR'S

HEALTH & FITNESS

CHALLENGE