

March 2026 WELLNESS CENTER CALENDAR



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>Here are 4 Wellness Wins!</p> <p>1. Audit the Cabinet: Toss expired medications and supplements. It's a simple way to prevent accidental mix-ups.</p> <p>2. Walk the Bloom: Aim for a daily 15-minute stroll. It boosts Vitamin D and keeps joints fluid without the intensity of a full workout.</p> <p>3. Eat Your Water: Stay hydrated by snacking on seasonal produce like cucumbers, berries, and citrus.</p> <p>4. Layer Up: Spring weather is fickle. Wear breathable layers so you can easily adjust as the temperature shifts throughout the day</p> <p>Jot Down Your Reflections:</p>	<p>11:15 Balance & Fall Prevention Training [WC] 1</p> <p>1:30 Cardio Drumming [WC]</p>	<p>9:30 Upper Body Focus [WC] 2</p> <p>11:15 Chair Yoga [WC]</p> <p>12:30 Aqua Fitness w/Phyllis Balance & Fall Prevention Training</p> <p>1:30 Open Swim</p> <p>3:00 Aqua Fitness W/ Sheila</p>	<p>9:30 Aqua Fitness w/Shameka 3</p> <p>10:30 Open Swim</p> <p>11:15 Total Body Workout [WC]</p> <p>1:30 Fit & Fun Gym Session [WC]</p>	<p>9:30 Upper Body Focus [WC] 4</p> <p>11:15 Chair Yoga [WC]</p> <p>12:30 Aqua Fitness w/Phyllis Balance & Fall Prevention Training [WC]</p> <p>1:30 Open Swim</p> <p>3:00 Aqua Fitness W/ Sheila</p>	<p>9:30 Open Swim 5</p> <p>11:15 Total Body Workout [WC]</p> <p>1:30 Lower Focus [WC]</p>	<p>9:30 Aqua Fitness w/Shameka 6</p> <p>11:15 Chair Yoga [WC]</p> <p>1:30 Core Focus</p> <p>3:00 Open Swim</p> <p>4:30 Aqua Fitness W/ Sheila</p>	<p>11:15 Cardio Drumming [WC]</p> <p>1:30 Lower Focus [WC]</p>	
	<p>Daylight Saving Time Begins 8</p> <p>11:15 Balance & Fall Prevention Training [WC]</p> <p>1:30 Cardio Drumming [WC]</p>	<p>9:30 Upper Body Focus [WC] 9</p> <p>11:15 Chair Yoga [WC]</p> <p>12:30 Aqua Fitness w/Phyllis Balance & Fall Prevention Training</p> <p>1:30 Open Swim</p> <p>3:00 Aqua Fitness W/ Sheila</p>	<p>9:30 Aqua Fitness w/Shameka 10</p> <p>10:30 Open Swim</p> <p>11:15 Total Body Workout [WC]</p> <p>1:30 Fit & Fun Gym Session [WC]</p>	<p>9:30 Upper Body Focus [WC] 11</p> <p>11:15 Chair Yoga [WC]</p> <p>12:30 Aqua Fitness w/Phyllis Balance & Fall Prevention Training [WC]</p> <p>1:30 Open Swim</p> <p>3:00 Aqua Fitness W/ Sheila</p>	<p>9:30 Open Swim 12</p> <p>11:15 Total Body Workout [WC]</p> <p>1:30 Lower Focus [WC]</p>	<p>9:30 Aqua Fitness w/Shameka 13</p> <p>11:15 Chair Yoga [WC]</p> <p>1:30 Core Focus</p> <p>3:00 Open Swim</p> <p>4:30 Aqua Fitness W/ Sheila</p>	<p>11:15 Cardio Drumming [WC]</p> <p>1:30 Lower Focus [WC]</p>	
	<p>11:15 Balance & Fall Prevention Training [WC] 15</p> <p>1:30 Cardio Drumming [WC]</p>	<p>9:30 Upper Body Focus [WC] 16</p> <p>11:15 Chair Yoga [WC]</p> <p>12:30 Aqua Fitness w/Phyllis Balance & Fall Prevention Training</p> <p>1:30 Open Swim</p> <p>3:00 Aqua Fitness W/ Sheila</p>	<p>St. Patrick's Day 17</p> <p>9:30 Aqua Fitness w/Shameka</p> <p>10:30 Open Swim</p> <p>11:15 Total Body Workout [WC]</p> <p>1:30 Fit & Fun Gym Session [WC]</p>	<p>9:30 Upper Body Focus [WC] 18</p> <p>11:15 Chair Yoga [WC]</p> <p>12:30 Aqua Fitness w/Phyllis</p> <p>1:30 Wellness Chat [WC]</p> <p>3:00 Open Swim</p> <p>4:30 Aqua Fitness W/ Sheila</p>	<p>9:30 Open Swim 19</p> <p>11:15 Total Body Workout [WC]</p> <p>1:30 Lower Focus [WC]</p>	<p>9:30 Aqua Fitness w/Shameka 20</p> <p>10:30 Open Swim</p> <p>11:15 Chair Yoga [WC]</p> <p>1:30 Core Focus</p> <p>3:00 Open Swim</p> <p>4:30 Aqua Fitness W/ Sheila</p>	<p>1:30 Cardio Drumming [WC]</p> <p>1:30 Lower Focus [WC]</p>	
	<p>11:15 Balance & Fall Prevention Training [WC] 22</p> <p>1:30 Cardio Drumming [WC]</p>	<p>9:30 Upper Body Focus [WC] 23</p> <p>11:15 Chair Yoga [WC]</p> <p>12:30 Aqua Fitness w/Phyllis Balance & Fall Prevention Training</p> <p>1:30 Open Swim</p> <p>3:00 Aqua Fitness W/ Sheila</p>	<p>9:30 Aqua Fitness w/Shameka 24</p> <p>10:30 Open Swim</p> <p>11:15 Total Body Workout [WC]</p> <p>1:30 Fit & Fun Gym Session [WC]</p>	<p>9:30 Upper Body Focus [WC] 25</p> <p>11:15 Chair Yoga [WC]</p> <p>12:30 Aqua Fitness w/Phyllis Balance & Fall Prevention Training [WC]</p> <p>1:30 Open Swim</p> <p>3:00 Aqua Fitness W/ Sheila</p>	<p>9:30 Open Swim 26</p> <p>11:15 Total Body Workout [WC]</p> <p>1:30 Lower Focus [WC]</p>	<p>9:30 Aqua Fitness w/Shameka 27</p> <p>11:15 Chair Yoga [WC]</p> <p>1:30 Core Focus</p> <p>3:00 Open Swim</p> <p>4:30 Aqua Fitness W/ Sheila</p>	<p>11:15 Cardio Drumming [WC]</p> <p>1:30 Lower Focus [WC]</p>	
	<p>11:15 Balance & Fall Prevention Training [WC] 29</p> <p>1:30 Cardio Drumming [WC]</p>	<p>9:30 Upper Body Focus [WC] 30</p> <p>11:15 Chair Yoga [WC]</p> <p>12:30 Aqua Fitness w/Phyllis Balance & Fall Prevention Training</p> <p>1:30 Open Swim</p> <p>3:00 Aqua Fitness W/ Sheila</p>	<p>9:30 Aqua Fitness w/Shameka 31</p> <p>10:30 Open Swim</p> <p>11:15 Total Body Workout [WC]</p> <p>1:30 Fit & Fun Gym Session [WC]</p>	<p>Personalized workout sessions. (one-on-one) with Shameka are offered at the Wellness Center. Book your private sessions today.</p>				
								<p>105 Autumn Glen Circle Fayetteville, GA 30215 770-461-0039</p>