

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
10:00 Resident Walk 1 3:00-4:00 Table Tennis 3:30 Water Aerobics – Janie Bird	9:15 Strength Training (A) – Jen 2 10:00 Stretch 2 (A) – Jen 10:00 Memory Care – Tay 11:00 Assisted Living – Tay 1:30 Cardio Drumming (B, I, A) – Jen 2:15 Creative Movement (I, A) – Jen	8:30 Water Aerobics – Lee 3 9:15 Circuit City (A) – Jen 10:00 Mat Pilates (I, A) – Jen 1:30 Functional Training (B, I, A) – Jen 2:15 Sittercize (B, I) – Jen 3:30 Spires Strutters – Judy	8:30 Water Aerobics – Lee 4 9:15 Strength Training (A) – Tay 10:00 Washboard Abs (A, I) – Tay 11:00 Assisted Living – Tay 1:30 Chair Core (B, I) – Tay 2:15 Balance (B, I) – Tay 3:00-4:30 Table Tennis 3:30 Water Aerobics – Janie Bird	8:30 Water Aerobics – Lee 5 9:15 Circuit City (A) – Tay 10:00 Chair Dancing – Judy 11:30 Memory Care – Tay 1:30 Sittercize (B, I) – Tay 2:15 Stretch 1 (B, I) – Tay	9:15 Strength Training (A) – Jen 6 10:00 Advanced Functional Training (I, A) – Jen 10:45 Cardio Drumming – Jen	10:00 Walking Club 7 10:00 Water Volleyball	
10:00 Resident Walk 8 3:00-4:00 Table Tennis 3:30 Water Aerobics – Janie Bird DAYLIGHT SAVING TIME	9:15 Strength Training (A) – Jen 9 10:00 Stretch 2 (A) – Jen 10:00 Memory Care – Tay 11:00 Assisted Living – Tay 1:30 Cardio Drumming (B, I, A) – Jen 2:15 Creative Movement (I, A) – Jen	8:30 Water Aerobics – Lee 10 9:15 Circuit City (A) – Jen 10:00 Mat Pilates (I, A) – Jen 1:30 Functional Training (B, I, A) – Jen 2:15 Sittercize (B, I) – Jen 3:30 Spires Strutters – Judy	8:30 Water Aerobics – Lee 11 9:15 Strength Training (A) – Tay 10:00 Washboard Abs (A, I) – Tay 11:00 Assisted Living – Tay 1:30 Chair Core (B, I) – Tay 2:15 Balance (B, I) – Tay 3:00-4:30 Table Tennis 3:30 Water Aerobics – Janie Bird	8:30 Water Aerobics – Lee 12 9:15 Circuit City (A) – Tay 10:00 Chair Dancing – Judy 11:30 Memory Care – Tay 1:30 Sittercize (B, I) – Tay 2:15 Stretch 1 (B, I) – Tay	9:15 Strength Training (A) – Jen 13 10:00 Advanced Functional Training (I, A) – Jen 10:45 Cardio Drumming – Jen	10:00 Walking Club 14 10:00 Water Volleyball	
10:00 Resident Walk 15 3:00-4:00 Table Tennis 3:30 Water Aerobics – Janie Bird	9:15 Strength Training (A) – Jen 16 10:00 Stretch 2 (A) – Jen 10:00 Memory Care – Tay 11:00 Assisted Living – Tay 1:30 Cardio Drumming (B, I, A) – Jen 2:15 Creative Movement (I, A) – Jen	8:30 Water Aerobics – Lee 17 9:15 Circuit City (A) – Jen 10:00 Mat Pilates (I, A) – Jen 1:30 Functional Training (B, I, A) – Jen 2:15 Sittercize (B, I) – Jen 3:30 Spires Strutters – Judy ST. PATRICK'S DAY	8:30 Water Aerobics – Lee 18 9:15 Strength Training (A) – Tay 10:00 Washboard Abs (A, I) – Tay 11:00 Assisted Living – Tay 1:30 Chair Core (B, I) – Tay 2:15 Balance (B, I) – Tay 3:00-4:30 Table Tennis 3:30 Water Aerobics – Janie Bird	8:30 Water Aerobics – Lee 19 9:15 Circuit City (A) – Tay 10:00 Chair Dancing – Judy 11:30 Memory Care – Tay 1:30 Sittercize (B, I) – Tay 2:15 Stretch 1 (B, I) – Tay	9:15 Strength Training (A) – Jen 20 10:00 Advanced Functional Training (I, A) – Jen 10:45 Cardio Drumming – Jen SPRING BEGINS	10:00 Walking Club 21 10:00 Water Volleyball	
10:00 Resident Walk 22 3:00-4:00 Table Tennis 3:30 Water Aerobics – Janie Bird	9:15 Strength Training (A) – Jen 23 10:00 Stretch 2 (A) – Jen 10:00 Memory Care – Tay 11:00 Assisted Living – Tay 1:30 Cardio Drumming (B, I, A) – Jen 2:15 Creative Movement (I, A) – Jen	8:30 Water Aerobics – Lee 24 9:15 Circuit City (A) – Jen 10:00 Mat Pilates (I, A) – Jen 1:30 Functional Training (B, I, A) – Jen 2:15 Sittercize (B, I) – Jen 3:30 Spires Strutters – Judy	8:30 Water Aerobics – Lee 25 9:15 Strength Training (A) – Tay 10:00 Washboard Abs (A, I) – Tay 11:00 Assisted Living – Tay 1:30 Chair Core (B, I) – Tay 2:15 Balance (B, I) – Tay 3:00-4:30 Table Tennis 3:30 Water Aerobics – Janie Bird	8:30 Water Aerobics – Lee 26 9:15 Circuit City (A) – Tay 10:00 Chair Dancing – Judy 11:30 Memory Care – Tay 1:30 Sittercize (B, I) – Tay 2:15 Stretch 1 (B, I) – Tay	9:15 Strength Training (A) – Jen 27 10:00 Advanced Functional Training (I, A) – Jen 10:45 Cardio Drumming – Jen 12:00-2:00 BOWLING W/THE FITNESS GALS: SIGN UP IN THE FITNESS CENTER	10:00 Walking Club 28 10:00 Water Volleyball	
10:00 Resident Walk 29 3:00-4:00 Table Tennis 3:30 Water Aerobics – Janie Bird PALM SUNDAY	9:15 Strength Training (A) – Jen 30 10:00 Stretch 2 (A) – Jen 10:00 Memory Care – Tay 11:00 Assisted Living – Tay 1:30 Cardio Drumming (B, I, A) – Jen 2:15 Creative Movement (I, A) – Jen	8:30 Water Aerobics – Lee 31 9:15 Circuit City (A) – Jen 10:00 Mat Pilates (I, A) – Jen 1:30 Functional Training (B, I, A) – Jen 2:15 Sittercize (B, I) – Jen 3:30 Spires Strutters – Judy	 THE SPIRES AT BERRY COLLEGE			HEALTH & FITNESS  March 2026 A = Advanced Level B = Beginner Level I = Intermediate Level	