White Rock Senior Center

March 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 AM WR LowImpact Aerobics 10:00 AM WR Chat Room 10:00 AM WR Computer Cave 10:00 AM WR Exercise Equipment	2 10:00 AM WR Chat Room 10:00 AM WR Weight Room 10:00 AM WR Wood Carvers 10:00 AM WR A.M. Bridge Lite 10:00 AM WR Computer Cave 10:00 AM WR Exercise Equipment 10:00 AM WR Strong Women 10:45 AM WR Vinyasa Yoga 1:00 PM WR Duplicate Bridge 2:00 PM WR Line Dancing	3 9:30 AM WR LowImpact Aerobics 10:00 AM WR Computer Cave 10:00 AM WR Exercise Equipment 10:00 AM WR Chat Room 10:00 AM WR Weight Room 10:30 AM WR Silver Sneakers 12:00 PM WR Tuesday Tap 1:00 PM WR Pinochle 1:30 PM WR Zumba Gold 1:30 PM Ladies Living Single 3:00 PM WR Beg Line Dancing	4 7:05 AM WR Brisk Walkers 8:00 AM WR McBaptist Breakfast 10:00 AM WR Chat Room 10:00 AM WR Weight Room 10:00 AM WR Strong Women 10:00 AM WR Exercise Equipment 10:00 AM WR Computer Cave 11:00 AM WR Gentle Yoga 1:00 PM WR P.M.Bridge 1:00 PM WR Blood Pressure Check 4:30 PM WR Vinyasa Yoga	5 7:05 AM WR Brisk Walkers 10:00 AM WR Chat Room 10:00 AM WR Weight Room 10:00 AM WR Computer Cave 10:00 AM WR Exercise Equipment 10:00 AM WR Investment Group 10:30 AM WR Silver Sneakers 1:00 PM WR Hook and Stitch 1:00 PM WR Spanish Speakers 4:00 PM WR P.M. Chat	6 9:00 AM WR Walkers 9:30 AM WR LowImpact Aerobics 10:00 AM WR Weight Room 10:00 AM WR Computer Cave 10:00 AM WR Exercise Equipment 10:00 AM WR Strong Women 10:00 AM WR Chat Room 1:00 PM WR Pinochle 4:00 PM WR Zumba Gold	7 10:00 AM WR Chat Room 10:00 AM WR Computer Cave 10:00 AM WR Exercise Equipment 10:00 AM WR Weight Room 10:00 AM WR Game Time
8 9:30 AM WR LowImpact Aerobics 10:00 AM WR Chat Room 10:00 AM WR Computer Cave 10:00 AM WR Exercise Equipment	9 10:00 AM WR Chat Room 10:00 AM WR Weight Room 10:00 AM WR Wood Carvers 10:00 AM WR A.M. Bridge Lite 10:00 AM WR Computer Cave 10:00 AM WR Exercise Equipment 10:00 AM WR Strong Women 10:45 AM WR Vinyasa Yoga 1:00 PM WR Duplicate Bridge 2:00 PM WR Line Dancing	10 9:30 AM WR LowImpact Aerobics 10:00 AM WR Computer Cave 10:00 AM WR Exercise Equipment 10:00 AM WR Chat Room 10:00 AM WR Weight Room 10:30 AM WR CUG 10:30 AM WR Silver Sneakers 12:00 PM WR Tuesday Tap 1:00 PM WR Pinochle 1:30 PM WR Zumba Gold 1:30 PM Ladies Living Single 3:00 PM WR Beg Line Dancing	11 7:05 AM WR Brisk Walkers 8:00 AM WR McBaptist Breakfast 10:00 AM WR Weight Room 10:00 AM WR Chat Room 10:00 AM WR Strong Women 10:00 AM WR Computer Cave 10:00 AM WR Exercise Equipment 11:00 AM WR Gentle Yoga 1:00 PM WR P.M.Bridge 1:00 PM WR Blood Pressure Check 4:30 PM WR Vinyasa Yoga	12 7:05 AM WR Brisk Walkers 9:00 AM WR Steers Meeting 10:00 AM WR Weight Room 10:00 AM WR Chat Room 10:00 AM WR Computer Cave 10:00 AM WR Exercise Equipment 10:00 AM WR Investment Group 10:00 AM WR Massage 10:30 AM WR Silver Sneakers 10:30 AM WR Tire Pressure Check 1:00 PM WR Hook and Stitch 1:00 PM WR Spanish Speakers 2:00 PM WR LARSO Public Meeting 4:00 PM WR P.M. Chat	13 9:00 AM WR Walkers 9:30 AM WR LowImpact Aerobics 10:00 AM WR Weight Room 10:00 AM WR Computer Cave 10:00 AM WR Exercise Equipment 10:00 AM WR Strong Women 10:00 AM WR Chat Room 1:00 PM WR Pinochle 4:00 PM WR Zumba Gold	14 10:00 AM WR Chat Room 10:00 AM WR Computer Cave 10:00 AM WR Exercise Equipment 10:00 AM WR Weight Room 10:00 AM Cell Phone/Notebook Class 10:00 AM WR Game Time
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