

# March 2026 Fitness & Wellness Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 8:00 Gentle Yoga (GF) 8:30 Low Go Cardio (GF) 9:00 A.M. Tai Chi (GF) 11:00 Staying Strong (GF) 3:00 Line Dancing (GF)	<b>3</b> 8:30 Morning Flex (GF) 9:15 Balance Plus (GF) 10:00 Sit and Fit (GF) 1:30 Chair Yoga (GF) 2:00 Balance Plus (GF)	<b>4</b> 8:00 Gentle Yoga (GF) 8:30 Low Go Cardio (GF) 9:00 A.M. Tai Chi (GF) 11:00 Staying Strong (GF) 3:00 Clogging 101 (GF)	<b>5</b> 8:30 Morning Flex (GF) 9:15 Balance Plus (GF) 10:00 Sit and Fit (GF)	<b>6</b> 8:30 Low Go Cardio (GF) 9:00 A.M. Tai Chi (GF) 11:00 Staying Strong (GF)
<b>9</b> 8:30 Low Go Cardio (GF) 9:00 A.M. Tai Chi (GF) 11:00 Staying Strong (GF) 3:00 Line Dancing (GF)	<b>10</b> 8:30 Morning Flex (GF) 9:15 Balance Plus (GF) 10:00 Sit and Fit (GF) 1:30 Chair Yoga (GF) 2:00 Balance Plus (GF)	<b>11</b> 8:00 Gentle Yoga (GF) 8:30 Low Go Cardio (GF) 9:00 A.M. Tai Chi (GF) 11:00 Staying Strong (GF) 3:00 Clogging 101 (GF)	<b>12</b> 8:30 Morning Flex (GF) 9:15 Balance Plus (GF) 10:00 Sit and Fit (GF) 1:30 Chair Yoga (GF)	<b>13</b> 8:30 Low Go Cardio (GF) 9:00 A.M. Tai Chi (GF) 11:00 Staying Strong (GF)
<b>16</b> 8:00 Gentle Yoga (GF) 8:30 Low Go Cardio (GF) 9:00 A.M. Tai Chi (GF) 11:00 Staying Strong (GF) 3:00 Line Dancing (GF)	<b>17</b> 8:30 Morning Flex (GF) 9:15 Balance Plus (GF) 10:00 Sit and Fit (GF) 1:30 Chair Yoga (GF) 2:00 Balance Plus (GF)	<b>18</b> 8:00 Gentle Yoga (GF) 8:30 Low Go Cardio (GF) 9:00 A.M. Tai Chi (GF) 11:00 Staying Strong (GF) 3:00 Clogging 101 (GF)	<b>19</b> 8:30 Morning Flex (GF) 9:15 Balance Plus (GF) 10:00 Sit and Fit (GF) 1:30 Chair Yoga (GF)	<b>20</b> 8:30 Low Go Cardio (GF) 9:00 A.M. Tai Chi (GF) 11:00 Staying Strong (GF)
<b>23</b> 8:00 Gentle Yoga (GF) 8:30 Low Go Cardio (GF) 9:00 A.M. Tai Chi (GF) 11:00 Staying Strong (GF) 3:00 Line Dancing (GF)	<b>24</b> 8:30 Morning Flex (GF) 9:15 Balance Plus (GF) 10:00 Sit and Fit (GF) 1:30 Chair Yoga (GF) 2:00 Balance Plus (GF)	<b>25</b> 8:00 Gentle Yoga (GF) 8:30 Low Go Cardio (GF) 9:00 A.M. Tai Chi (GF) 11:00 Staying Strong (GF) 3:00 Clogging 101 (GF)	<b>26</b> 8:30 Morning Flex (GF) 9:15 Balance Plus (GF) 10:00 Sit and Fit (GF) 1:30 Chair Yoga (GF)	<b>27</b> 8:30 Low Go Cardio (GF) 9:00 A.M. Tai Chi (GF)

P - Pool    GF - Group Fitness Room    AR - Activity Room A    G - Gym    \* - Approval Needed

Class times and locations subject to change

# March Fitness & Wellness News



**Take a chance on picking the winning basketball team! We will have the Men's and Women's brackets this year.**

**\$2 a chance (limit 2 chances per each bracket)**

**Winner gets \$90**

**Runner up gets \$38**

You do not need to know anything about basketball to play. For \$2, you will draw a team out of the 64 participating teams in the NCAA Men's and Women's March Madness Basketball tournament. If your team wins the tournament, you will win \$90!

**Stop by Resident Life beginning**

**Monday, March 16th to pick your team!**

## Why walk with Urban Poles?

As you walk around the campus, you will notice several individuals using Urban Poles. Is this because they are becoming frail? On the contrary, one gets a better workout when using the poles, using 90% of your body's muscles. Here are some additional benefits:

1. **Reduced joint impact.** The shock-absorbing bell tips reduce strain on joints, making walking more comfortable and able to walk longer distances.
2. **Better posture and core activation.** The poles promote an upright posture and core engagement, helping to prevent hunched posture.
3. **Upper body strengthening.** Walking with poles uses arm, shoulder, and back muscles, helping to increase upper body strength without aggravating arthritis.

Interested in using Urban Poles? Stop by Resident Life to check out a pair or talk with Patti or Jai.

**Please feel free to discuss fitness and/or wellness questions, comments, concerns, or suggestions with us.**

**We value your feedback and look forward to hearing from you!**

**Patti Kunselman, Wellness Manager, 405-4566    Jaichelle Thomas, Fitness Assistant, 405-4532**