



MARCH 2024



SUN	MON	TUE	WED	THU	FRI	SAT
					1 Food and Mood 4:30 PM-5:45PM	2
3 Kundalini Chakra Series 9:00AM-10:00 AM	4 Line Dancing 6:00PM-7:00PM	5 All Levels Gentle Yoga 6:45 PM-7:45 PM	6 Chair Tai Chi/Yoga 10:00 AM-11:30AM	7	8	9 Vibrational Sound Therapy 2:00PM-3:00PM
10 Kundalini Chakra Series 9:00AM-10:00 AM	11 Line Dancing 6:00PM-7:00PM	12 All Levels Gentle Yoga 6:45 PM-7:45 PM	13 Chair Tai Chi/Yoga 10:00 AM-11:30AM	14 Emotional Balance Yoga 10:30AM-11:30AM	15 Food and Mood 4:30 PM-5:45PM	16
17 Kundalini Chakra Series 9:00AM-10:00 AM	18 Line Dancing 6:00PM-7:00PM	19 All Levels Gentle Yoga 6:45 PM-7:45 PM Rhythms of Unity Drum Circle @GATHER Community Space 6:00PM-7:45PM	20 Chair Tai Chi/Yoga 10:00 AM-11:30AM	21 Emotional Balance Yoga 10:30AM-11:30AM	22 Vision Board Workshop 5:30 PM-7:30 PM flyer coming soon	23 Vibrational Sound Therapy 2:00PM-3:00PM
24 Kundalini Chakra Series 9:00AM-10:00 AM	25 Line Dancing 6:00PM-7:00PM	26 All Levels Gentle Yoga 6:45 PM-7:45 PM Rhythms of Unity Drum Circle @GATHER Community Space 6:00PM-7:45PM	27 Chair Tai Chi/Yoga 10:00 AM-11:30AM	28 Emotional Balance Yoga 10:30AM-11:30AM	29	30
31 CLOSED Easter Sunday						

Schedule Subject To Change

All Classes are FREE and open to the community

Visit www.wvymca.org to view the most updated Wellbeing Initiative calendar