

# Weekly Vitality Programs for February 27th—March 5th



- March 1st:** 9:15am Dance Cardio w/ Kathryn Pines/Magnolia Bld. (TCA)  
10:00am Dance Cardio w/ Kathryn Willows/ Palms Bld. (TCA)  
4:00pm Balcony Happy Hour w/ "Double Take" (Magnolia North Bld.)
- March 2nd:** 9:15am Sit & Get Fit w/ Kathryn for Magnolia/Pines Only (TCA)  
10:00am Sit & Get Fit w/ Kathryn for Willows/Palms Only (TCA)
- March 3rd:** 9:15am Balance & Stabilize w/ Kathryn for Magnolia/Pines Bld. (TCA)  
10:00am Balance & Stabilize w/ Kathryn for Willows/Palms Bld. (TCA)
- March 4th:** 9:15am Sit & Get Fit w/ Kathryn for Magnolia/Pines Bld. (TCA)  
10:00am Sit & Get Fit w/ Kathryn for Willows/Palms Bld. (TCA)
- March 5th:** 9:15am Balance & Stabilize w/ Kathryn for Magnolia/Pines Bld. (TCA)  
10:00am Balance & Stabilize w/ Kathryn for Willows/Palms Bld. (TCA)

