



**Sēb's Recreation Center
Calendar of Events and Activities
March 2019**

1710 S Buckley Rd. Unit 9--Aurora, CO 80017--www.sebsrec.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Total Fit 9-10a EZ Fit 10:30-11a <div style="border: 1px solid black; padding: 5px; text-align: center;"> FIRST FRIDAY 6-10PM A FUNDTASTIC EVENING </div>	2 CLOSE AT 12 NOON Dance 10-11a
3 Movie of the Day 11a-5p	4 Total Fit 9-10a & 6:30-7:30p EZ Fit 10:30-11a & 5:30-6p Dance 11a-12p	5 Bodyweight Fit 10-11a & 6-7p Chair Fitness 11:30a-12p & 7-7:30p Bingo 11a-1p & 6-7p	6 Total Fit 9-10a & 6:30-7:30p EZ Fit 10:30-11a & 5:30-6p Drawing 11a-12p & 6-7p Music Class 6-7:30p	7 Bodyweight Fit 10-11a & 6-7p Tai Chi 11a-12p Chair Fitness 11:30a-12p & 7-7:30p Arts & Crafts 12-1p & 5:30-7:30p	8 Total Fit 9-10a & 6:30-7:30p EZ Fit 10:30-11a & 5:30-6p Challenge Fun 8a-8p	9 Dance 10-11a
10 Movie of the Day 11a-5p	11 Total Fit 9-10a & 6:30-7:30p EZ Fit 10:30-11a & 5:30-6p Dance 11a-12p	12 Bodyweight Fit 10-11a & 6-7p Chair Fitness 11:30a-12p & 7-7:30p Bingo 11a-1p & 6-7p	13 Total Fit 9-10a & 6:30-7:30p EZ Fit 10:30-11a & 5:30-6p Drawing 11a-12p & 6-7p Music Class 6-7:30p	14 Bodyweight Fit 10-11a & 6-7p Tai Chi 11a-12p Chair Fitness 11:30a-12p & 7-7:30p Arts & Crafts 12-1p & 5:30-7:30p	15 Total Fit 9-10a & 6:30-7:30p EZ Fit 10:30-11a & 5:30-6p Challenge Fun 8a-8p	16 Dance 10-11a
17 Movie of the Day 11a-5p 	18 Total Fit 9-10a & 6:30-7:30p EZ Fit 10:30-11a & 5:30-6p Dance 11a-12p	19 Bodyweight Fit 10-11a & 6-7p Chair Fitness 11:30a-12p & 7-7:30p Bingo 11a-1p & 6-7p	20 Total Fit 9-10a & 6:30-7:30p EZ Fit 10:30-11a & 5:30-6p Drawing 11a-12p & 6-7p Music Class 6-7:30p	21 Bodyweight Fit 10-11a & 6-7p Tai Chi 11a-12p Chair Fitness 11:30a-12p & 7-7:30p Arts & Crafts 12-1p & 5:30-7:30p	22 Total Fit 9-10a & 6:30-7:30p EZ Fit 10:30-11a & 5:30-6p Challenge Fun 8a-8p	23 Dance 10-11a
24 Movie of the Day 11a-5p	25 Total Fit 9-10a & 6:30-7:30p EZ Fit 10:30-11a & 5:30-6p Dance 11a-12p	26 Bodyweight Fit 10-11a & 6-7p Chair Fitness 11:30a-12p & 7-7:30p Bingo 11a-1p & 6-7p	27 Total Fit 9-10a & 6:30-7:30p EZ Fit 10:30-11a & 5:30-6p Drawing 11a-12p & 6-7p Music Class 6-7:30p	28 Bodyweight Fit 10-11a & 6-7p Tai Chi 11a-12p Chair Fitness 11:30a-12p & 7-7:30p Arts & Crafts 12-1p & 5:30-7:30p	29 Total Fit 9-10a & 6:30-7:30p EZ Fit 10:30-11a & 5:30-6p Challenge Fun 8a-8p	30 Dance 10-11a
31 Movie of the Day 11a-5p						

Hours of Operation:

Monday-Friday 8am-8pm ~ Saturday 8am-5pm ~ Sunday 11am-5pm