



F.I.T.T.

ST. PAUL COMMUNITY CENTER

TUESDAYS

March 5	9 AM—Stretching
March 12	10 AM—Tai-Chi
*March 19	11 AM—Texercise
March 26	2 PM—Book Group
	2 PM—Line Dancing
	6 PM—Zumba
	7 PM—Stretching

*NO STRETCHING MARCH 19 AM OR PM

THURSDAYS

*March 7	9 AM—Stretching
March 14	11 AM—Texercise
*March 21	11 AM—Line Dancing
March 28	4:30 PM—Line Dancing
	6 PM—Zumba

*NO STRETCHING MARCH 7 & 21

*NO 11 AM LINE DANCING MARCH 7TH!



WEDNESDAYS

MARCH 6

MARCH 13

MARCH 20

MARCH 27

7 AM - 30 Minute Cardio & Strength Class



9:30 AM—Easy Does It!

Total Body Exercise Class

Free Weights! Blood Pressure Checks!

MARCH FUN TIMES

Tuesday, March 12
Bunco ~ 1 PM
Essential Oils Class
6 PM



March 17 ~ 2-5 PM
St. Patrick's Day
Tardeada
\$5 per person

For information: vvalenzuela@saintpaulsa.org

F.I.T.T. TUESDAYS, WEDNESDAYS & THURSDAYS

ST. PAUL COMMUNITY CENTER

1201 DONALDSON ~ SAN ANTONIO, TX (210) 733-7152, EXT. 123

- ◆ **Stretching with Stacie!** - **Stacie** combines movement with breath through a series of stretches and postures. No flexibility necessary, just your wonderful open mind. Exercises can be done either on the floor or on a chair. Please wear comfortable stretchy clothing and bring a mat if you have one.
- ◆ **Line Dancing with Lupe!**- Come dance with us! Whether you come to learn to kick up your heels to “New York New York” or something a little slower, **Lupe** keeps you moving to the beat of the music.
- ◆ **Line Dancing with Mary!** - A new addition to our St. Paul dancing family. Mary offers two classes, one for intermediate dancers and one for beginners. Either one is great exercise!
- ◆ **Easy Does it with Pat!** - Pat Stepherson, Wesley Nurse, formerly at Jefferson Methodist Church, offers “Easy Does it” - a total body physical fitness class for any age! She will also offer one on one medical screenings – blood pressure, weight, BMI, etc.
- ◆ **ZUMBA with Mary!**- A great way to stay fit while having fun! Join **Mary** as she guides us through some high energy dance moves. No rhythm required!)
- ◆ **Tai-Chi** - Instructor **Fred Chavez is a Certified Medical Qigong Practitioner.** He will lead participants through a series of moves to help in healing the body, heart, mind and spirit.
- ◆ **Upper Room Book Group**—Book Group begins meeting on Tuesday, March 12 from 2-4 pm. For more information, please contact Joyce Lohse at 210-849-1611.
- ◆ **BUNCO!** - Second Tuesday of the month **at 1:00 p.m.**—Join this fast-paced, energetic game. Call **Sylvia Ozuna** (210) 733-8044 for details.
- ◆ **Essential Oils Informational Sessions**—**Stacie Orsagh** will help you understand how essential oils work for your body. Learn which oils are best for starting the day boosting immune systems, focus & concentration and getting a good nights sleep.
- ◆ **Texercise** is a statewide fitness program developed by the Texas Department of Aging and Disability Services to educate and involve Texans in physical activities and proper nutrition. This is a closed class. Ends March 21.
- ◆ **30 Minute Cardio & Strength Class—Yes—7 AM!** Wednesdays in March for a fast-paced, energetic routine incorporating cardio and strength routines. This is not a wimpy workout – get ready to sweat! It’s a perfect workout to get your day started!! Come and try it out!!

