MARCH 2025

MON **TUES** WED **THURS** FRI SAT Seated QiGong **Nursing Services Barre Class** Restorative Yoga **QiGong Fusion** Keyboard 10:00am-2:00pm Mahjong 1:00pm-2:30pm 5:15pm-6:00pm 1:15pm-2:00pm 8:00am-9:00am Lessons for Aged to Perfection Senior Club Life and Style of Strenath Trainina Adults **Adult Sian** Jacqueline Kennedy with Robbie Amodeo **Advanced HIIT** Mandolin Players 6:15pm-7:00pm 5:00pm-6:00pm Language Fitness Class Passports & Veteran ID's 1:00pm-2:00pm **Creative Writing** 4:45pm-9:15am-10:15am 5:00pm-/.oop Adult Yoga **Knitting for Fun** 6:00pm-8:00pm 5:30pm Stitches of Totowa 5:45pm-7:45pm Reiki Sessions 6:45pm-7:45pm 1:00pm-3:00pm Watercolor Class **Light & Easy Dance** Seated QiGona **Restorative Yoga** Nursing Services 10:00am-2:00pm **Light & Easy Dance** 10:00am-11:00am 10:00am-11:30am 10:30am-11:15am 13 14 10:00am-11:00am 8.00am-9.00am QiGong Fusion Strength & Tone Mahjong 1:00pm-2:30pm **Chair Cardio** Light & Easy 10:00am-11:00am 1:15pm-2:00pm 11:15am-12:00pm Advanced HIIT Restorative Yoga 11:15am-12:00pm **Barre Class** Mandolin Players 5:45pm-6:45pm Fitness Class **Keyboard Lessons for** Chair Cardio 11:15am-12:00pm 5:15pm-6:00pm 1:00pm-4:00pm Yankee Stadium: From Adults **Adult Yoga** 5:45pm-6:45pm 9:15am-10:15am Strength Training the Organ Bench 5:00pm-6:00pm 6:15pm-7:00pm 6:15pm-7:15pm Stitches of Totowa Zumba **Creative Writing Knitting for Fun** Reiki Sessions Reiki Sessions 1:00pm-3:00pm 10:30am-11:30am 6:00pm-8:00pm 6:45pm-7:45pm 7:00pm-8:00pm 5:45pm-7:45pm **Light & Easy Dance** Watercolor Class Seated QiGong 10:30am-11:15am Rug Hooking 20 Restorative Yoga **Liaht & Easy Dance** 10:00am-11:00am 10:00am-11:30am Mahjong 10:00am-2:00pm 22 17 18 21 10:00am-11:00am 8:00am-9:00am Passports & Veteran ID's Strength & Tone **Nursing Services** 10:00am-1:00pm **Chair Cardio** 11:15am-12:00pm **Aged to Perfection Senior Club** 10:00am-2:00pm **Advanced HIIT** QiGong Fusion 11:15am-12:00pm **Barre Class** Light & Easy St. Patrick's Day Mandolin Players Fitness Class 1:15pm-2:00pm 5:15pm-6:00pm **Keyboard Lessons** 10:00am-11:00am Restorative Yoaa 9:15am-10:15am Night Court 5:00pm-7:00pm for Adults Strength Training 5:45pm-6:45pm Chair Cardio The Great Falls of Paterso 5:00pm-6:00pm 6:15pm-7:00pm Adult Yoga 5:45pm-6:45pm 11:15am-12:00pm 6:15pm-7:15pm Knitting for Fun **Creative Writing** Stitches of Totowa Reiki Sessions Reiki Sessions 5:45pm-7:45pm 6:00pm-8:00pm 7:00pm-8:00pm 1:00pm-3:00pm MVC Mobile Unit Restorative Yoga 29 Watercolor Class **Light & Easy Dance** Seated QiGong Light & Easy Dance/ 28 9:00am-2:00pm 10:30am-11:15am Strength & Tone 10:00am-11:30am 10:00am-11:00am 8:00am-9:00am 10:00am-12:00pm **Nursing Services** Chair Cardio Mahjong 1:00pm-2:30pm QiGong Fusion Spring Movie Festival: Conclave 10:00am-2:00pm 1:15pm-2:00pm 11:15am-12:00pm Advanced HIIT ma00:5-ma00:1 Light & Easy/ Chair Cardio **Mandolin Players** Afternoon Book Club: Restorative Yoga **Keyboard Lessons for Adults** Fitness Class 10:00am-12:00pm **Apples Never Fall** 5:45pm-6:45pm 5:00pm-6:00pm 1:00pm-4:00pm **Passaic County** 9:15am-10:15am Medicare Seminar **Adult Yoga** 5:45pm-6:45pm **Knitting for Fun** Recycling Information 12:30pm-2:30pm **Barre Class/Strength Training** 6:30pm-7:30pm 5:45pm-7:45pm 5:15pm-7:00pm Reiki Sessions **Meditation 101** Reiki Sessions **Creative Writing** Stitches of Totowa 7:00pm-8:00pm 6:30pm-7:30pm 6:00pm-8:00pm 6:45pm-7:45pm 1:00pm-3:00pm Light & Easy Dance/ 31 Strength & Tone 10:00am-12:00pm Programs are subject Spring Movie Festival: Fall Guy to change. Registration 2:00pm-3:00pm is encouraged at **Barre Class/Strength Training**

5:15pm-7:00pm

Creative Writing

Food Friends Cookbook Club

6:00pm-8:00pm

6:30pm-7:30pm

totowapl.org/register

for the latest updates!