

March 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
SAT 1 / SUN 2	3 Cardio Strength Fusion 9:30 am Fit & Flex 10:45 Helping Hands 1-3	4 Gentle Yoga 10 am	5 Cardio Strength Fusion 9:30 am *Café BREAK L&L 12pm: Prairie Wildlife	6 Gentle Flow Yoga 10am Crib & Coffee 1-3 Zumba 6:45	7 Pole Walking 10am	8
9	10 Cardio Strength Fusion 9:30 am Fit & Flex 10:45 Helping Hands 1-3	11 Gentle Yoga 10 am	12 Cardio Strength Fusion 9:30 am Café BREAK 12pm	13 Foot Clinic 9-4 Gentle Flow Yoga 10am Crib & Coffee 1-3 Zumba 6:45	14 Pole Walking 10am	15
16	17 Cardio Strength Fusion 9:30 am Fit & Flex 10:45 Helping Hands 1-3	18 Gentle Yoga 10 am	19 Cardio Strength Fusion 9:30 am Café BREAK 12pm	20 Gentle Flow Yoga 10am Crib & Coffee 1-3 Zumba 6:45	21 Pole Walking 10am	22
23	24 Helping Hands 1-3	25	26 Café BREAK 12pm	27 Crib & Coffee 1-3	28 Pole Walking 10am	29
30	31 Helping Hands 1-3					

MHRD Fitness* = Blue Programs = Green Events = Red Café BREAK= Magenta

*You can register for MHRD programs by visiting mhrd.ca or calling (204) 885-2444

**All programs and events are subject to change, please contact us if you're unsure about the status of a program