March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
YMCA Bells, Balls, and Battle Ropes 10:30 & 11:30 a.m. YMCA-Manitowoc/TR 1	**Partner Interval Training** 5:30 p.m. Manitowoc Senior Center 2	3	**HFM Running Clinic** 6-8 p.m. HFM Medical Center Manitowoc Room 4	5	**Two Rivers Fire Department Boot Camp** 6 p.m. & 7 p.m. Two Rivers Fire Department 6	**Pool Party** 11 a.m. & 12 p.m. HFM Wellness Center 7
Swim Team Practice 10 a.m., 11 a.m. & 12 p.m. YMCA-Manitowoc/TR 8	9	**Kick Cancer Night Superfoods** 5 p.m. HFM Cafeteria **Kick Cancer Night** 6 p.m. HFM Cafeteria 10	11	12	**Totally Tubular** 5 & 6 p.m. Manitowoc Senior Center 13	**Planet Fitness Workout** 7 a.m. Planet Fitness **YMCA Game Day** 1 p.m. YMCA-Manitowoc/TR 14
Self Defense 10:30 & 11:30 a.m. YMCA-Manitowoc/TR 15	16	**LOL SUPER CHALLENGE ENDS!** 17	**Tai Chi** 5:30 p.m. Manitowoc Senior Center 18	**Evergreen Cemetery Hike** 6 p.m. Evergreen Cemetery **Last day to hand in your LOL Super Challenge Trackers** 19	**Zumba** 5:30 p.m. Manitowoc Senior Center 20	**Ripped** 11 a.m. YMCA-Manitowoc/TR 21
22	23	24	**Kickbox** 5:30 p.m. Manitowoc Senior Center 25	26	27	**Walla Hi Park Hike** 9 a.m. Walla Hi Park 28
29	30	**Deep Stretch Yoga** 11 a.m. Waves Yoga Studio 31				

- Lecture/Tour/Symposium
- Workout
- Hike
- Nutritional Education/Cooking Demo
- Mind/Body

HFM Lean on the Lakeshore

See more at leanonthelakeshore.com