

March

2023

Move well through life ...

Balance & Flow® Classes

ZENTONICS® online monthly subscription \$60.00

Rider's V® online monthly subscription \$60.00

ZENTONICS® + Rider's V® online monthly subscription \$100.00

Tai Chi online monthly subscription \$40.

Tai Chi in person classes Wednesdays \$20.00 per class Saturdays \$10.00 per class.

Location : Classic Ballroom, 6 Hastings Square Mall, Hackettstown, NJ 07840



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			12 – 2 PM Tai Chi Inter/adv. In person with Holly	5 PM Rider's 5® online	4:30 PM ZENTONICS® online	8 AM Beginner Tai Chi 11 AM Tai Chi online with Chris
5	6	7	8	9	10	11
	4:30 PM ZENTONICS® online	5 PM Rider's 5® online	12 – 2 PM Tai Chi Inter/adv. In person with Holly	5 PM Rider's 5® online	4:30 PM ZENTONICS® online	8 AM Beginner Tai Chi 11 AM Tai Chi online with Chris
12	13	14	15	16	17	18
	No online class	No online class	12 – 2 PM Tai Chi Inter/adv. In person with Holly	5 PM Rider's 5® online	4:30 PM ZENTONICS® online	8 AM Beginner Tai Chi 11 AM Tai Chi online with Chris
19	20	21	22	23	24	25
	4:30 PM ZENTONICS® online	5 PM Rider's 5® online	12 – 2 PM Tai Chi Inter/adv. In person with Holly	5 PM Rider's 5® online	4:30 PM ZENTONICS® online	8 AM Beginner Tai Chi 11 AM Tai Chi online with Chris
26	27	28	29	30	31	
	4:30 PM ZENTONICS® online	5 PM Rider's 5® online	12 – 2 PM Tai Chi Inter/adv. In person with Holly	5 PM Rider's 5® online	4:30 PM ZENTONICS® online	