

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30am Exercise (in both houses) 1pm Fitness with Ann (Sunroom) 2pm Fitness with Ann (Azalea)	2 9:30am Music & Movement with Emily (Azalea) 3pm Fitness with Kristen (Azalea)	3 9:30am Music & Movement with Emily (Sunroom) 9:30am News & Exercise w/Ann (Azalea) 3pm Fitness with Kristen (Azalea)	4 9:30am Music & Movement with Emily (Azalea) 9:30am Walking at Chaska Track 3pm Fitness with Emily (Sunroom)	5 9:30am Music & Movement with Emily (Sunroom) 3pm Fitness with Ann (Azalea)	6 9:30am Music & Movement with Emily (Azalea) 3:15pm Fitness with Kristen (Sunroom)	7 9:30am Daily Chronicles and Exercise (in both houses)
8 9:30am Exercise (in both houses)	9 9:30am Music & Movement with Emily (Azalea) 2:30pm Fitness with Kristen (Azalea)	10 9:30am Music & Movement with Emily (Azalea) 9:30am Walking at Chaska Track 3pm Fitness with Kristen (Azalea)	11 9:30am Music & Movement with Emily (Azalea) 3pm Fitness with Kristen (Sunroom)	12 9:30am Exercise with Ann (Azalea) 3:45pm Fitness with Ann (Azalea)	13 9:30am News and Exercise (Azalea) 3:15pm Fitness with Kristen (Azalea)	14 9:30am Daily Chronicles and Exercise (in both houses) 1pm Afternoon Exercise (Sunroom)
15 9:30am Exercise (in both houses) 1:30pm Afternoon Exercise (Sunroom)	16 10:15am Meditation & Motion with Ann (Azalea) 3pm Fitness with Kristen (Azalea)	17 9:30am Music & Movement with Emily (Azalea) 3pm Meditation & Motion with Ann 3pm Fitness with Kristen (Azalea)	18 9:30am Music & Movement with Emily (Azalea) 3pm Fitness with Kristen (Sunroom)	19 9:30am Music & Movement with Emily (Sunroom) 3pm Fitness with Ann (Azalea)	20 9:30am Music & Movement with Emily (Azalea) 3:15pm Fitness with Kristen (Sunroom)	21 9:30am Daily Chronicles and Exercise (in both houses) 6pm Sing-Along and Exercise with Ann (Azalea)
22 9:30am Exercise (in both houses)	23 9:30am Music & Movement with Emily (Azalea) 3pm Fitness with Kristen (Azalea)	24 9:30am Music & Movement with Emily (Sunroom) 9:30am News & Exercise w/Ann (Azalea) 3pm Fitness with Kristen (Azalea)	25 9:30am Music & Movement with Emily (Azalea) 3pm Fitness with Kristen (Sunroom)	26 9:30am Music & Movement with Emily (Sunroom) 3pm Fitness with Ann (Azalea)	27 9:30am Music & Movement with Emily (Azalea) 3:15pm Fitness with Kristen (Sunroom)	28 9:30am Daily Chronicles and Exercise (in both houses) 6pm Violin, Singing, and Exercise with Ann (Azalea)
29 9:30am Exercise (in both houses) 2pm Fitness with Ann (Azalea)	30 9:30am Music & Movement with Emily (Azalea) 3:30pm Fitness with Kristen (Azalea)	31 9:30am Music & Movement with Emily (Sunroom) 9:30am News & Exercise w/Ann (Azalea) 3pm Fitness with Kristen (Azalea)	March 2026 Trouvaille Exercise Calendar Color code for location: Sunroom / Azalea Living Room / Both houses / Outing			