

March 2024 Palm Ridge Waterfitness Calendar						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	March 4		6		8	9
	Palm Ridge 8 am A		Palm Ridge 8 am B		Palm Ridge 8 am C	Palm Ridge 9:15 am D
	11		13		15	16
	Palm Ridge 8 am B		Palm Ridge 8 am C		Palm Ridge 8 am D	Palm Ridge 9:15 am A
	18		20		22	23
	Palm Ridge 8 am C		Palm Ridge 8 am D		Palm Ridge 8 am A	Palm Ridge 9:15 am B
	25		27		29	30
	Palm Ridge 8 am D		Palm Ridge 8 am A		Palm Ridge 8 am B	Palm Ridge 9:15 am C
A, B, C, and D refer to the exercise routine CD that will be played on that day. Please refer to our web site for information about each routine.						
https://waterfitness.scwclubs.com/						
Attached to the Boom Box are the flash drives and mini-chips for each routine and instructions on how to use them. The routines can be played from either the flash drives or the mini chips. Flash drives are easier to handle, but if it does not work, use the mini chips. Flash drives or mini chips may need to be jiggled or taken in-and-out to get them started. Flash drives should say "usb" in the little window of the Boom Box if reading the flash drive. Mini Chips should say "sd" in the little window of the Boom Box if reading the mini chip. (sd stands for secure digital).						

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