

SUNSHINE GANG



**MARCH
2026**

**13TH
9AM**

**HEALTHY SNACKS &
DONUTS**

YMCA COFFEE AREA

**19TH
10AM**

**SPECIAL YOGA FIT
CLASS**

GROUP FITNESS STUDIO

**26TH
11AM**

**NUTRITION & PHYSICAL
ACTIVITY BINGO**

GROUP FITNESS STUDIO

Please bring a healthy finger food

**MARCH IS NUTRITION AWARENESS MONTH
[MYPLATE.GOV/RESOURCES](https://www.myplate.gov/resources)**