

Health & Fitness

April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:15pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba	9:00am Zumba Gold Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:00pm Line Dancing 4:00pm Mindful Flow & Core	8:30am Easy Pace 9:30am Zumba Gold 10:30am Pilates 11:45am Chair Yoga 1:00pm Balance & Strength* 4:00pm Restorative Yoga 5:30pm Zumba	9:30am Posture Strength 11:00am Balance & Strength* 12:15pm Balance & Strength*
8	9	10	11	12
8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:15pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba	9:00am Zumba Gold Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:00pm Line Dancing 4:00pm Mindful Flow & Core	8:30am Easy Pace 9:30am Zumba Gold 10:30am Pilates 11:45am Chair Yoga 1:00pm Balance & Strength* 4:00pm Restorative Yoga 5:30pm Zumba	9:30am Posture Strength 11:00am Balance & Strength* 12:15pm Balance & Strength*
15	16	17	18	19
8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:15pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba	9:00am Zumba Gold Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:00pm Line Dancing 4:00pm Mindful Flow & Core	8:30am Easy Pace 9:30am Zumba Gold 10:30am Pilates 11:45am Chair Yoga 1:00pm Balance & Strength* 4:00pm Restorative Yoga 5:30pm Zumba	9:30am Posture Strength 11:00am Balance & Strength* 12:15pm Balance & Strength*
22	23	24	25	26
8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:15pm Balance & Strength* 1:30pm Balance & Strength* 2:45pm DrumFit 4:00pm Yoga	9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba	9:00am Zumba Gold Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:00pm Line Dancing 4:00pm Mindful Flow & Core	8:30am Easy Pace 9:30am Zumba Gold 10:30am Pilates 11:45am Chair Yoga 1:00pm Balance & Strength* 4:00pm Restorative Yoga 5:30pm Zumba	9:30am Posture Strength 11:00am Balance & Strength* 12:15pm Balance & Strength*
29	30			
8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:15pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba			