

*** APRIL - 2017 ***

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 10:00-10:55am (Karin) FULL BODY BLAST BOOT CAMP Fitness Center
2	3 9:30-10:25am (Karin) Senior Strength & Cond. 10:45-11:40am (Lisa) SilverSneakers Classic 6:30 - 7:25 (Karin) CARDIO SCULPT	4 9:30-10:20 (Toni) SENIOR'S YOGA	5 9:30-10:25am (Angi) Senior Strength & Cond. 10:45-11:40am (Lisa) SilverSneakers Classic 6:30-7:25pm (Karin) BURN & BLAST	6	7 9:30-10:25am(Karin) Senior Strength & Cond. 10:45-11:40am (ANGI) SilverSneakers Calssic PICKLEBALL 2-4 + Happy Hour	8
9	10 9:30-10:25am (Karin) Senior Strength & Cond. 10:45-11:40am (Karin) SilverSneakers Classic 6:30 - 7:25 (Karin) CARDIO SCULPT	11 9:30-10:20 (Toni) SENIOR'S YOGA	12 9:30-10:25am (ANGI) Senior Strength & Cond. 10:45-11:40am (Lisa) SilverSneakers Classic 6:30-7:25pm (Karin) BURN & BLAST	13	14 9:30-10:25am(Karin) Senior Strength & Cond. 10:45-11:40am (ANGI) SilverSneakers Calssic	15 10:00-10:55am (ANGI) FULL BODY BLAST BOOT CAMP Fitness Center
16	17 10:00-11:00 (Karin) Senior Strength & Cond. SENIOR SOCIAL 6:30 - 7:25 (Karin) CARDIO SCULPT	18 9:30-10:20 (Toni) SENIOR'S YOGA	19 9:30-10:25am (ANGI) Senior Strength & Cond. 10:45-11:40am (Lisa) SilverSneakers Classic 6:30-7:25pm (Karin) BURN & BLAST	20	21 9:30-10:25am(Karin) Senior Strength & Cond. 10:45-11:40am (ANGI) SilverSneakers Calssic	22
23	24 9:30-10:25am (Karin) Senior Strength & Cond. 10:45-11:40am (Lisa) SilverSneakers Classic 6:30 - 7:25 (Karin) CARDIO SCULPT	25 9:30-10:20 (Toni) SENIOR'S YOGA	26 9:30-10:25am (Angi) Senior Strength & Cond. 10:45-11:40am (Lisa) SilverSneakers Classic 6:30-7:25pm (Karin) BURN & BLAST	27	28 9:30-10:25am(Karin) Senior Strength & Cond. 10:45-11:40am (ANGI) SilverSneakers Calssic	29 DOGWOOD DASH 5K WALK !! Come WALK with us! SOAS Strong!