



GROUP FITNESS

SPORTS OF ALL SORTS



APRIL 2022						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					Senior-FIT 9:30 - 10:15 AMY 10:30-11:15 Silver Sneaker's Classic TONI	
3	4	5	6	7	8	9
	9:30 - 10:15 Senior-FIT AMY 10:30-11:15 Silver Sneaker's Classic TONI	9:30-10:15 CARDIO-DANCE AMY 10:30-11:15 SILVER SNEAKERS YOGA TONI	9:30 - 10:15 CIRCUIT 10:30 - 11:15 Silver Sneaker's Classic AMY	9:30-10:15 CARDIO DRUMMING AMY 10:30-11:15 SILVER SNEAKERS YOGA TONI	9:30 - 10:15 Senior-FIT AMY 10:30-11:15 Silver Sneaker's Classic TONI	
10	11	12	13	14	15	16
	9:30 - 10:15 Senior-FIT AMY 10:30-11:15 Silver Sneaker's Classic TONI	9:30-10:15 CARDIO DRUMMING AMY 10:30-11:15 SILVER SNEAKERS YOGA TONI	9:30 - 10:15 CIRCUIT 10:30 - 11:15 Silver Sneaker's Classic AMY	9:30-10:15 CARDIO-DANCE AMY 10:30-11:15 SILVER SNEAKERS YOGA TONI	9:30 - 10:15 Senior-FIT AMY 10:30-11:15 Silver Sneaker's Classic TONI	
17	18	19	20	21	22	23
	9:30 - 10:15 Senior-FIT AMY 10:30-11:15 Silver Sneaker's Classic TONI	9:30-10:15 CARDIO-DANCE AMY 10:30-11:15 SILVER SNEAKERS YOGA TONI	9:30 - 10:15 CIRCUIT 10:30 - 11:15 Silver Sneaker's Classic AMY	9:30-10:15 CARDIO DRUMMING AMY 10:30-11:15 SILVER SNEAKERS YOGA TONI	9:30 - 10:15 Senior-FIT AMY 10:30-11:15 Silver Sneaker's Classic TONI	
24	25	26	27	28	29	30
	9:30 - 10:15 Senior-FIT AMY 10:30-11:15 Silver Sneaker's Classic TONI	9:30-10:15 CARDIO DRUMMING AMY 10:30-11:15 SILVER SNEAKERS YOGA TONI	9:30 - 10:15 CIRCUIT 10:30 - 11:15 Silver Sneaker's Classic AMY	9:30-10:15 CARDIO-DANCE AMY 10:30-11:15 SILVER SNEAKERS YOGA TONI	9:30 - 10:15 Senior-FIT AMY 10:30-11:15 Silver Sneaker's Classic TONI	