






# GROUP FITNESS

## SPORTS OF ALL SORTS



APRIL ~ 2019						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b>  <b>10:00 = (2) CLASSES</b>  <b>11:00 = Basketball games &amp; activities</b>  <b>12:00 = POTLUCK LUNCH</b>	<b>2</b> 9:00-9:50 (Toni) Silver Sneaker's YOGA 10:00-10:50 (Lisa) <b>DANCE-FIT</b> 11:00-11:50 (Amy) <b>BARRE</b>	<b>3</b> 8:30-9:20 (Amy) Senior Strength <b>PLUS +</b> 9:30 - 10:20 (Amy) Senior-FIT 10:30-11:20 (Angi) Silver Sneaker's Classic	<b>4</b> 9:00-9:50 (Toni) Silver Sneaker's YOGA 10:00-10:50 (Amy) <b>BARRE</b> 11:00-11:50 (Lisa) <b>DANCE-FIT</b>	<b>5</b> 8:30-9:20 (Amy) Senior Strength <b>PLUS +</b> 9:30-10:20 (Amy) Senior-Fit 10:30 - 11:20 (Toni) SilverSneakers Classic	<b>6</b>
	<b>7</b>	<b>8</b> 8:30 - 9:20 (Stacey) Senior Strength <b>PLUS +</b> 9:30 - 10:20 (Stacey) Senior-Fit 10:30-11:20 (Lisa) Silver Sneaker's Classic	<b>9</b> 9:00-9:50 (Toni) Silver Sneaker's YOGA 10:00-10:50 (Lisa) <b>DANCE-FIT</b> 11:00-11:50 (ANGI) <b>BARRE</b>	<b>10</b> 8:30 - 9:20 (Stacey) Senior Strength <b>PLUS +</b> 9:30 - 10:20 (Stacey) Senior-FIT 10:30-11:20 (Angi) Silver Sneaker's Classic	<b>11</b> 9:00-9:50 (Toni) Silver Sneaker's YOGA 10:00-10:50 (ANGI) <b>BARRE</b>  <b>NO DANCE-FIT today.</b>	<b>12</b> 8:30-9:20 (Stacey) Senior Strength <b>PLUS +</b> 9:30-10:20 (Stacey) Senior-Fit 10:30 - 11:20 (Toni) SilverSneakers Calssic
<b>14</b>	<b>15</b> 8:30 - 9:20 (Angi) Senior Strength <b>PLUS +</b> 9:30 - 10:20 (Angi) Senior-Fit 10:30-11:20 (Toni) Silver Sneaker's Classic	<b>16</b> 9:00-9:50 (Toni) Silver Sneaker's YOGA 10:00-10:50 (Lisa) <b>DANCE-FIT</b> 11:00-11:50 (Amy) <b>BARRE</b>	<b>17</b> 8:30-9:20 (Amy) Senior Strength <b>PLUS +</b> 9:30 - 10:20 (Amy) Senior-FIT 10:30-11:20 (Lisa) Silver Sneaker's Classic	<b>18</b> 9:00-9:50 (Toni) Silver Sneaker's YOGA 10:00-10:50 (Amy) <b>BARRE</b> 11:00-11:50 (Lisa) <b>DANCE-FIT</b>	<b>19</b> 8:30-9:20 (Amy) Senior Strength <b>PLUS +</b> 9:30-10:20 (Amy) Senior-Fit 10:30 - 11:20 (Toni) SilverSneakers Calssic	<b>20</b>
	<b>22</b> 8:30 - 9:20 (Stacey) Senior Strength <b>PLUS +</b> 9:30 - 10:20 (Stacey) Senior-Fit 10:30-11:20 (ANGI) Silver Sneaker's Classic	<b>23</b> 9:00-9:50 (Toni) Silver Sneaker's YOGA 10:00-10:50 (Lisa) <b>DANCE-FIT</b> 11:00-11:50 (ANGI) <b>BARRE</b>	<b>24</b> 8:30 - 9:20 (Stacey) Senior Strength <b>PLUS +</b> 9:30 - 10:20 (Stacey) Senior-Fit 10:30-11:20 (Angi) Silver Sneaker's Classic	<b>25</b> 9:00-9:50 (Toni) Silver Sneaker's YOGA 10:00-10:50 (ANGI) <b>BARRE</b> 11:00-11:50 (Lisa) <b>DANCE-FIT</b>	<b>26</b> 8:30-9:20 (Stacey) Senior Strength <b>PLUS +</b> 9:30-10:20 (Angi) Senior-Fit 10:30 - 11:20 (Toni) SilverSneakers Calssic	<b>27</b>
<b>28</b>	<b>29</b> 8:30 - 9:20 (Stacey) Senior Strength <b>PLUS +</b> 9:30 - 10:20 (Stacey) Senior-Fit 10:30-11:20 (Lisa) Silver Sneaker's Classic	<b>30</b> 9:00-9:50 (Toni) Silver Sneaker's YOGA 10:00-10:50 (Lisa) <b>DANCE-FIT</b> 11:00-11:50 (Amy) <b>BARRE</b>	