



April Fitness



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10 am Silver Sneakers	2 9 am Functional Fitness	3 11:30 am Chair Yoga & Meditation	4 10 am Hot Hula Fitness (Dance)	5 10:30 a.m. You Tube Sit & Fit
6	7 9 am Functional Fitness 11:30 am Chair Yoga	8 10 am Silver Sneakers	9 9 am Functional Fitness	10 11:30 am Chair Yoga & Meditation	11 10 am Hot Hula Fitness (Dance)	12 10:30 a.m. You Tube Sit & Fit
13	14 9 am Functional Fitness 11:30 am Chair Yoga	15 10 am Silver Sneakers	16 9 am Functional Fitness	17 11:30 am Chair Yoga & Meditation	18 10 am Hot Hula Fitness (Dance)	19 10:30 a.m. You Tube Sit & Fit
20 	21 9 am Functional Fitness 11:30 am Chair Yoga	22 10 am Silver Sneakers	23 9 am Functional Fitness 10 am Open Gym Coaching	24 11:30 am Chair Yoga & Meditation	25 10 am Hot Hula Fitness (Dance)	26 10:30 a.m. You Tube Sit & Fit
27	28 9 am Functional Fitness 11:30 am Chair Yoga	29 10 am Silver Sneakers	30 9 am Functional Fitness			