


April Month-At-A-Glance

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 11:30 Pool & Nordic Walking 12:15 Cardio & Cybex 1:00 WellREP 141 & 145 1:00 F45 2:00 Dance Class - <i>NEW</i>	2 2:00 Boxing (Basic) 2:45 Stretching 3:15 Boxing (Adv)	3 11:30 Pool & Nordic W. (Adv) 11:30 Bal-Vis (Basic) 12:15 Bal-Vis (Adv) 12:00 Cardio 1:00 WellREP 141 & 145 1:00 F45 2:00 Yoga	4 2:00 Boxing (Basic) 2:45 Stretching 3:15 Boxing (Adv)	5 10:00 Education Hour 143 Topic: Brain Health Speaker: Fiona Harper, RN 11:00 Education Hour CG Only 11:00 F45 11:15 Fall Prevention 1 & 2	6
7	8 11:30 Pool & Nordic Walking 12:15 Cardio & Cybex 1:00 WellREP 141 & 145 1:00 F45 2:00 Handwriting/Fine Motor 6:15 YOPD F45 7:00 YOPD Empowerment	9 2:00 Boxing (Basic) 2:45 Stretching 3:15 Boxing (Adv) Chicken N Pickle Give Back Night! 6-8 pm	10 11:30 Pool & Nordic W. (Adv) 11:30 Bal-Vis (Basic) 12:15 Bal-Vis (Adv) 12:00 Cardio 1:00 WellREP 141 & 145 1:00 F45 2:00 Yoga	11 2:00 Boxing (Basic) 2:45 Stretching 3:15 Boxing (Adv)	12 10:00 Empowerment 11:00 F45 11:15 Fall Prevention 1 & 2	13
14	15 11:30 Pool & Nordic Walking 12:15 Cardio & Cybex 1:00 WellREP 141 & 145 1:00 F45 2:00 Dance Class - <i>NEW</i>	16 2:00 Boxing (Basic) 2:45 Stretching 3:15 Boxing (Adv)	17 11:30 Pool & Nordic W. (Adv) 11:30 Bal-Vis (Basic) 12:15 Bal-Vis (Adv) 12:00 Cardio 1:00 WellREP 141 & 145 1:00 F45 2:00 Yoga	18 2:00 Boxing (Basic) 2:45 Stretching 3:15 Boxing (Adv)	19 10:00 Empowerment 11:00 F45 11:15 Fall Prevention 1 & 2	20
21	22 11:30 Pool & Nordic Walking 12:15 Cardio & Cybex 1:00 WellREP 141 & 145 1:00 F45 2:00 Handwriting/Fine Motor 6:15 YOPD F45 7:00 YOPD Empowerment	23 2:00 Boxing (Basic) 2:45 Stretching 3:15 Boxing (Adv)	24 11:30 Pool & Nordic W. (Adv) 11:30 Bal-Vis (Basic) 12:15 Bal-Vis (Adv) 12:00 Cardio 1:00 WellREP 141 & 145 1:00 F45 2:00 Yoga	25 2:00 Boxing (Basic) 2:45 Stretching 3:15 Boxing (Adv)	26 10:00 Empowerment 11:00 F45 11:15 Fall Prevention 1 & 2 12:00 Final Friday 143	27
28	29 Classes Cancelled Club Parkinson's 3rd Annual Golf Tournament @Reflection Ridge	30 2:00 Boxing (Basic) 2:45 Stretching 3:15 Boxing (Adv)	31 11:30 Pool & Nordic W. (Adv) 11:30 Bal-Vis (Basic) 12:15 Bal-Vis (Adv) 12:00 Cardio 1:00 WellREP 141 & 145 1:00 F45 2:00 Yoga	Next Month - May 3 11:30 Education Hour Room TBD Note the time change. Topic: Speaker: More days with GOOD ON Time Dr. Karunapuzha (Movement Disorder Specialist)		