



Austin Classes

April 2019

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	1	2 Stay Strong 9 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300	3 Stay Smart 1:30 p.m. Elan SouthPark 9320 Alice Mae Lane	4 Stay Strong 11 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300	5 Stay Strong /Circuit Training/Abs 10 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)	6
7	8	9 Stay Strong 9 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300	10 Stay Smart 1:30 p.m. Elan SouthPark 9320 Alice Mae Lane	11 Stay Strong 11 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300	12 Stay Strong 10 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)	13
14	15 Stay Social 1 p.m. Buffet Palace 4608 West Gate Blvd	16 Stay Strong 9 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)	17 Get To Know Your Community 10 a.m. Tour at the State Supported Living Center Stay Smart 1:30 p.m. Elan SouthPark 9320 Alice Mae Lane	18 Stay Strong/Abs 11 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)	19 Stay Stretching (with Damien- bring a mat) 10 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)	20 Belly Dancing performance with our own Jeanette! Carousel Caravan 8 p.m. 1110 E. 52 nd Street
21	22 Conversation Cafe with Amy 11 a.m. Central Market, Westgate	23 Stay Strong 9 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)	24 Stay Smart 1:30 p.m. Elan SouthPark 9320 Alice Mae Lane	25 Stay Strong 11 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)	26 Yoga (with Amy Martin- bring a mat) 10 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)	27

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