

April 2020

Wellness Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1</p> <p>8:30 PING PONG 9:05 \$ SWEATIN TO THE OLDIES 12:30 \$ SCULPTING W/ WEIGHTS 1:45 BADMINTON</p>	<p>2</p> <p>8:30 PING PONG 9:15 \$ TAI CHI 10:30 \$ NO YOGA 12:40 VIDEO FITNESS 1:45 \$ GET FIT</p>	<p>3</p> <p>8:30 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 1:15 \$ ZUMBA 2:15 DANCE ZONE 3:00 BADMINTON</p>
<p>8:30 PING PONG 9:15 \$ ADVANCED FITNESS 10:00-12:00- EQUIPMENT TRAINING 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:30 \$ BOLLYX 12:30 PHC LECTURE- Playing it safe/ Medications 1:45 \$ B.E.S.T</p> <p>6</p> 	<p>7</p> <p>8:30 PING PONG 9:15 \$ PILATES 10:30 \$ NO CHAIR YOGA 1:30 \$ NO TAP DANCE 2:45 VIDEO FITNESS</p>	<p>8</p> <p>8:30 PING PONG 9:05 \$ NO SWEATIN TO THE OLDIES 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:30 \$ SCULPTING W/ WEIGHTS 1:45 BADMINTON</p>	<p>9</p> <p>8:30 PING PONG 9:15 \$ NO TAI CHI 10:30 \$ NO YOGA 12:40 VIDEO FITNESS 1:45 \$ NO GET FIT</p>	<p>10</p> <p>SENIOR CENTER CLOSED</p> 
<p>13</p> <p>8:30 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:30 \$ BOLLYX 1:45 \$ B.E.S.T</p>	<p>14</p> <p>8:30 PING PONG 9:15 \$ PILATES 10:30 \$ CHAIR YOGA 1:30 \$ TAP DANCE 2:45 VIDEO FITNESS</p>	<p>15</p> <p>8:30 PING PONG 9:05 \$ SWEATIN TO THE OLDIES 10:30 NOW & ZEN, NEW SESSION 12:30 \$ SCULPTING W/ WEIGHTS 1:45 BADMINTON</p>	<p>16</p> <p>8:30 PING PONG 9:15 \$ TAI CHI 10:30 \$ YOGA 12:40 VIDEO FITNESS 1:45 \$ GET FIT</p>	<p>17</p> <p>8:30 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 1:15 \$ ZUMBA 2:15 DANCE ZONE 3:00 BADMINTON</p>
<p>20</p> <p>8:30 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 11:30-1:30-EQUIPMENT TRAINING 12:30 \$ BOLLYX 1:45 \$ B.E.S.T</p> 	<p>21</p> <p>8:30 PING PONG 9:15 \$ PILATES 10:00 FREE BLOOD PRESSURE 10:30 \$ CHAIR YOGA 1:30 \$ TAP DANCE 2:45 VIDEO FITNESS</p>	<p>22</p> <p>8:30 PING PONG 9:05 \$ SWEATIN TO THE OLDIES 10:30 NOW & ZEN 12:30 \$ SCULPTING W/ WEIGHTS 1:45 BADMINTON</p>	<p>23</p> <p>8:30 PING PONG 9:15 \$ TAI CHI 10:30 \$ YOGA 12:40 VIDEO FITNESS 1:45 \$ GET FIT</p>	<p>24</p> <p>8:30-4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 1:15 \$ ZUMBA 2:15 DANCE ZONE 3:00 BADMINTON</p>
<p>27</p> <p>8:30 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:30 \$ BOLLYX 1:45 \$ B.E.S.T</p>	<p>28</p> <p>8:30 PING PONG 9:15 \$ PILATES 10:30 \$ CHAIR YOGA 1:30 \$ TAP DANCE 2:45 VIDEO FITNESS</p>	<p>29</p> <p>8:30 PING PONG 9:05 \$ SWEATIN TO THE OLDIES 10:30 NO NOW & ZEN 12:30 \$ SCULPTING W/ WEIGHTS 1:45 BADMINTON</p>	<p>30</p> <p>8:30 PING PONG 9:15 \$ TAI CHI 10:30 \$ YOGA 12:40 VIDEO FITNESS 1:45 \$ GET FIT</p> <p>** Podiatrist ** Dr. Kates: 9am - 12 noon</p>	<p>Gym Open Daily 8:30am – 4:15pm MEDICALS MUST BE ON FILE, and UPDATED EVERY 2 YEARS EQUIPMENT TRAINING IS REQUIRED BEFORE USING THE GYM</p>