




APRIL 2017 – Wellness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
8:30 – 4:15 –GYM OPEN 9:15 – \$ ADVANCED FITNESS 10:15 – \$ INTER/BEG FITNESS 10:00 to 12:00–PERSONAL TRAINING, Wt. Rm 10:30-11:30-PHC-FREE CPR CLASS 11:15 – \$ SITTERSIZE 12:30 – BODY GYM CLASS 12:30-4:15–PING PONG 1:45 – \$ B.E.S.T with Liz	8:30 – 4:15 – GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – \$ PILATES 10:30 – \$ CHAIR YOGA 1:30 –\$ TAP DANCE 2:45 – 4:15 – BADMINTON 	8:30 – 4:15 – GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – VIDEO FITNESS 10:15 – VIDEO FITNESS 12:30 – \$ SCULPTING WITH WEIGHTS	8:30 – 4:15–GYM OPEN 8:30 – 4:15–PING PONG 9:15 – \$ TAI CHI 10:30-\$ YOGA 1:45 – \$ GET FIT	8:30 – 4:15 GYM OPEN 8:30 – 4:15 PING PONG 9:15 – \$ ADVANCED FITNESS 10:15 – \$ INTER/BEG FITNESS 11:15 – \$ SITTERSIZE 1:15–\$ ZUMBA 2:30 – 4:15–OPEN BALLROOM DANCE
10	11	12	13	14
8:30 – 4:15 –GYM OPEN 8:30 – 4:14 – PING PONG 9:15 – \$ADVANCED FITNESS 10:15 – \$ INTER/BEG FITNESS 11:15 – \$ SITTERSIZE 12:30 – BODY GYM CLASS 1:45 – \$ B.E.S.T with Liz	8:30 – 4:15 – GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – \$ PILATES 10:30 – \$ CHAIR YOGA 1:30 – \$ TAP DANCE 2:45 – 4:15 – BADMINTON	<u>LIVE FITNESS TODAY!!!!!!</u> 8:30 – 4:15 – GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – \$ADVANCED FITNESS 10:15 – \$ INTER/BEG FITNESS 11:15 – \$ SITTERSIZE 12:30 – \$ NEW: SCULPTING WITH WEIGHTS	8:30 – 4:15 GYM OPEN 9:15 – \$ TAI CHI 10:30-\$ YOGA 10:45 – PHC: “WHEN TO CALL 911” 12:30-4:15- PING PONG 1:45-\$ GET FIT	SENIOR CENTER CLOSED ***HOLIDAY***
17	18	19	20	21
8:30 – 4:15 –GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – \$ ADVANCED FITNESS 10:15 – \$ INTER/BEG FITNESS 11:15 – \$ SITTERSIZE 11:30 to 1:30–PERSONAL TRAINING, Wt Rm 12:30 – BODY GYM CLASS 1:45 – \$ B.E.S.T with Liz	8:30 – 4:15 – GYM OPEN 9:15 – \$ PILATES 10:00-NOON - BLOOD PRESSURE CHECK 10:30 – \$ CHAIR YOGA 12:30 – 4:15 – PING PONG 1:30 –\$ TAP DANCE 2:45 – 4:15 – BADMINTON	8:30 – 4:15 – GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – VIDEO FITNESS 10:15 – VIDEO FITNESS 12:30 – \$ SCULPTING WITH WEIGHTS	8:30 – 4:15 GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – \$ TAI CHI 10:30-\$ YOGA 1:45 – \$ GET FIT	8:30 – 4:15 GYM OPEN 8:30 – 4:15 PING PONG 9:15 – \$ ADVANCED FITNESS 10:15 – \$ INTER/BEG FITNESS 11:15 – \$ SITTERSIZE 1:15 –\$ ZUMBA 2:30 – 4:15–OPEN BALLROOM DANCE
24	25	26	27	28
8:30 – 4:15 –GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – \$ ADVANCED FITNESS 10:15 – \$ INTER/BEG FITNESS 11:15 – \$ SITTERSIZE 12:30 – BODY GYM CLASS 1:45 – \$ B.E.S.T with Liz	8:30 – 4:15 – GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – \$ PILATES 10:30 – \$ CHAIR YOGA 1:30 –\$ TAP DANCE 2:45 – 4:15 – BADMINTON	8:30 – 4:15 – GYM OPEN 9:15 – VIDEO FITNESS 10:15 – VIDEO FITNESS 10:30-11:30-PHC: ALL ABOUT JOINT REPLACEMENT 12:30-4:15-PING PONG 12:30 – \$ SCULPTING WITH WEIGHTS	8:30 – 4:15 GYM OPEN 8:30 – 4:15 – PING PONG 9:15 – \$ NEW SESSION: TAI CHI 10:30-\$ NEW SESSION:YOGA 1:45 – \$ NEW SESSION: GET FIT	8:30 – 4:15 GYM OPEN 8:30 – 4:15 PING PONG 9:15 – \$ ADVANCED FITNESS 10:15 – \$ INTER/BEG FITNESS 11:15 – \$ SITTERSIZE 1:15 –\$ ZUMBA 2:30 – 4:15–OPEN BALLROOM DANCE
	<u>NEW CLASS!</u> AGELESS GRACE INTRODUCTORY PRICE \$12 Sign up by May 2 Session (May 16-June 27) More info in our newsletter!	Want a refresher on using the gym equipment or personal routine? See David (personal trainer) in the gym <u>Every Tuesday (12:30 – 3:00pm)</u> Must have medical forms on file <u>AND</u> have already attended a training session with Liz.		<u>JOIN A CLASS!</u> Ageless Grace Pilates Advanced Fitness Zumba Yoga Tap Sculpting with Weights Chair Yoga Tai Chi Sittersize B.E.S.T. Meditation Get Fit

