









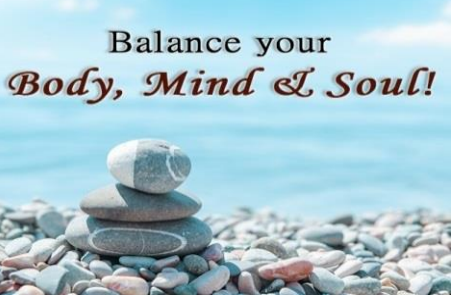




APRIL 2018 – Wellness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:15 \$ ADVANCED FITNESS 2</p> <p>10:15 \$ INTER/BEG FITNESS</p> <p>10:00-12:00-PERSONAL TRAINING, Weight Rm</p> <p>11:15 \$ SITTERSIZE</p> <p>12:30 PHC LECTURE- STROKE REHABILITATION</p> <p>12:30 BODY GYM</p> <p>1:30 – 4:15 PING PONG </p> <p>1:45 \$ B.E.S.T NEW SESSION</p>	<p>3</p> <p>8:30-4:15 PING PONG </p> <p>9:15 \$ PILATES</p> <p>10:30 \$ CHAIR YOGA</p> <p>12:30 \$ AGELESS GRACE</p> <p>1:30 \$ TAP DANCE</p> <p>2:45-4:15 BADMINTON</p>	<p>4</p> <p>8:30-4:30 PING PONG</p> <p>9:15 VIDEO FITNESS</p> <p>10:30 NOW & ZEN </p> <p>12:30 \$ SCULPTING W/ WEIGHTS</p> <p>1:45-4:15 BADMINTON</p>	<p>5</p> <p>8:30 – 4:15 PING PONG</p> <p>9:15 \$ TAI CHI</p> <p>10:30 \$ YOGA</p> <p>12:30 \$ POUND</p> <p>1:45 \$ GET FIT</p>	<p>6</p> <p>8:30-4:15 PING PONG</p> <p>9:15 \$ ADVANCED FITNESS </p> <p>10:15 \$ INTER/BEG FITNESS</p> <p>11:15 \$ SITTERSIZE</p> <p>12:15 \$ YOGASIZE</p> <p>1:15 \$ ZUMBA</p>
<p>9</p> <p>8:30-4:15 PING PONG</p> <p>9:15 \$ ADVANCED FITNESS</p> <p>10:15 \$ INTER/BEG FITNESS</p> <p>11:15 \$ SITTERSIZE</p> <p>12:30 BODY GYM</p> <p>1:45 \$ B.E.S.T</p>	<p>10</p> <p>8:30-4:15 PING PONG </p> <p>9:15 \$ PILATES</p> <p>10:30 \$ CHAIR YOGA</p> <p>12:30 \$ AGELESS GRACE</p> <p>1:30 \$ TAP DANCE</p> <p>2:45-4:15 BADMINTON</p>	<p>11</p> <p>9:15 VIDEO FITNESS</p> <p>10:00-12:00 PHC - ADULT CPR CLASS - FREE</p> <p>10:30 NOW & ZEN</p> <p>12:30 \$ SCULPTING W/ WEIGHTS</p> <p>1:30-4:15 PING PONG</p> <p>1:45-4:15 BADMINTON</p>	<p>12</p> <p>8:30 – 4:15 PING PONG</p> <p>9:15 \$ TAI CHI</p> <p>10:30 \$ YOGA</p> <p>12:30 \$ POUND</p> <p>1:45 \$ GET FIT</p>	<p>13</p> <p>8:30-4:15 PING PONG</p> <p>9:15 \$ ADVANCED FITNESS</p> <p>10:15 \$ INTER/BEG FITNESS</p> <p>11:15 \$ SITTERSIZE</p> <p>12:15 \$ YOGASIZE</p> <p>1:15 \$ ZUMBA</p>
<p>16</p> <p>8:30-4:15 PING PONG</p> <p>9:15 \$ ADVANCED FITNESS </p> <p>10:15 \$ INTER/BEG FITNESS</p> <p>11:15 \$ SITTERSIZE</p> <p>11:30-1:30-PERSONAL TRAINING, Weight Rm</p> <p>12:30 BODY GYM</p> <p>1:45 \$ B.E.S.T</p>	<p>17</p> <p>9:15 \$ PILATES</p> <p>10:00-12:00 PHC- BLOOD PRESSURE</p> <p>10:30 \$ CHAIR YOGA</p> <p>12:00-4:30 PING PONG</p> <p>12:30 \$ AGELESS GRACE</p> <p>1:30 \$ TAP DANCE</p> <p>2:45-4:15 BADMINTON</p>	<p>18</p> <p>8:30-4:15 PING PONG</p> <p>9:15 VIDEO FITNESS</p> <p>10:30 NOW & ZEN</p> <p>12:30 \$ SCULPTING W/ WEIGHTS</p> <p>1:45-4:15 BADMINTON</p>	<p>19</p> <p>8:30 – 4:15 PING PONG</p> <p>9:15 \$ TAI CHI</p> <p>10:30 \$ YOGA</p> <p>12:30 \$ POUND </p> <p>1:45 \$ GET FIT</p>	<p>20</p> <p>8:30-4:15 PING PONG</p> <p>9:15 \$ ADVANCED FITNESS</p> <p>10:15 \$ INTER/BEG FITNESS</p> <p>11:15 \$ SITTERSIZE</p> <p>12:15 \$ YOGASIZE </p> <p>1:15 \$ ZUMBA</p>
<p>23</p> <p>8:30-4:15 PING PONG</p> <p>9:15 \$ ADVANCED FITNESS</p> <p>10:15 \$ INTER/BEG FITNESS</p> <p>11:15 \$ SITTERSIZE</p> <p>12:30 NO BODY GYM</p> <p>1:45 \$ B.E.S.T</p>	<p>24</p> <p>8:30-4:30 PING PONG</p> <p>9:15 \$ PILATES</p> <p>10:30 \$ CHAIR YOGA</p> <p>12:30 \$ AGELESS GRACE </p> <p>1:30 \$ TAP DANCE</p> <p>2:45-4:15 BADMINTON</p>	<p>25</p> <p>8:30-4:15 PING PONG</p> <p>9:15 VIDEO FITNESS</p> <p>10:30 NO NOW & ZEN </p> <p>12:30 \$ SCULPTING W/ WEIGHTS</p> <p>1:45-4:15 BADMINTON</p>	<p>26</p> <p>8:30 – 4:15 PING PONG</p> <p>9:15 \$ TAI CHI NEW SESSION</p> <p>10:30 \$ YOGA</p> <p>12:30 \$ POUND NEW SESSION</p> <p>1:45 \$ GET FIT</p>	<p>27</p> <p>8:30-4:15 PING PONG</p> <p>9:15 \$ ADVANCED FITNESS</p> <p>10:15 \$ INTER/BEG FITNESS</p> <p>11:15 \$ SITTERCISE</p> <p>12:15 \$ YOGASIZE</p> <p>1:15 \$ ZUMBA</p>
<p>30</p> <p>8:30-4:15 PING PONG</p> <p>9:15 \$ ADVANCED FITNESS</p> <p>10:15 \$ INTER/BEG FITNESS</p> <p>11:15 \$ SITTERSIZE</p> <p>12:30 NO BODY GYM</p> <p>1:45 \$ B.E.S.T</p>	<p>Balance your <i>Body, Mind & Soul!</i></p> 	<p>Gym Open Daily 8:30am – 4:15pm</p> <p>Must have Medicals on file & been trained by Liz.</p> <p>Wear Sneakers & Proper attire</p>	 <p>JOIN A CLASS TODAY!!</p>	 <p>April</p>

