

April 2019 – Wellness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:15 \$ ADVANCED FITNESS 1</p> <p>10:00-12:00-PERSONAL TRAINING</p> <p>10:15 \$ INTER/BEG FITNESS</p> <p>11:15 \$ SITTERSIZE</p> <p>12:30- 1:15 PHC LECTURE- Adult CPR Class</p> <p>12:30 BODY GYM </p> <p>1:30 – 4:15 PING PONG</p> <p>1:45 \$ B.E.S.T</p>	<p>8:30–4:30 PING PONG 2</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 BADMINTON </p>	<p>8:30–4:15 PING PONG 3</p> <p>9:15 VIDEO FITNESS</p> <p>10:30 NOW & ZEN</p> <p>12:30 \$ SCULPTING W/ WEIGHTS</p> <p>1:45 BADMINTON</p>	<p>8:30 – 4:15 PING PONG 4</p> <p>9:15 \$ TAI CHI, NEW SESSION</p> <p>10:30 \$ YOGA</p> <p>1:45 \$ GET FIT</p>	<p>8:30-4:15 PING PONG 5</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>2:30 BADMINTON </p>
<p>8:30 – 4:15 PING PONG 8</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>8:30–4:30 PING PONG 9</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 BADMINTON</p>	<p>8:30–4:15 PING PONG 10</p> <p>9:15 VIDEO FITNESS</p> <p>10:30 NOW & ZEN</p> <p>12:30 \$ SCULPTING W/ WEIGHTS</p> <p>1:45 BADMINTON </p>	<p>8:30 – 4:15 PING PONG 11</p> <p>9:15 \$ TAI CHI</p> <p>10:30 \$ YOGA</p> <p>1:45 \$ GET FIT </p>	<p>8:30–4:15 PING PONG 12</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>2:30 BADMINTON</p>
<p>8:30 – 4:15 PING PONG 15</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</p> <p>12:30 BODY GYM</p> <p>1:45 \$ B.E.S.T </p>	<p>9:15 \$ PILATES 16</p> <p>10:00–12:00-FREE BLOOD PRESSURE</p> <p>10:30 \$ CHAIR YOGA</p> <p>12:30 \$ AGELESS GRACE</p> <p>12:30–4:30 PING PONG</p> <p>1:30 \$ TAP DANCE</p> <p>2:45 BADMINTON</p>	<p>LIVE FITNESS 17</p> <p>8:30–4:15 PING PONG</p> <p>9:15 \$ ADVANCED FITNESS</p> <p>10:15 \$ INTER/BEG FITNESS</p> <p>10:30 NO NOW & ZEN</p> <p>11:15 \$ SITTERSIZE</p> <p>12:30 \$ SCULPTING W/ WEIGHTS</p> <p>1:45 BADMINTON </p>	<p>8:30 – 4:15 PING PONG 18</p> <p>9:15 \$ TAI CHI</p> <p>10:30 \$ YOGA</p> <p>1:45 \$ GET FIT</p>	<p>Senior Center Closed 19</p> 
<p>8:30 – 4:15 PING PONG 22</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>8:30–4:30 PING PONG 23</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 BADMINTON </p>	<p>8:30–4:15 PING PONG 24</p> <p>9:15 VIDEO FITNESS</p> <p>10:30 NOW & ZEN, NEW SESSION</p> <p>12:30 \$ SCULPTING W/ WEIGHTS</p> <p>1:45 BADMINTON </p>	<p>8:30 – 4:15 PING PONG 25</p> <p>9:15 \$ TAI CHI</p> <p>10:30 \$ YOGA, NEW SESSION</p> <p>1:45 \$ GET FIT </p>	<p>8:30–4:15 PING PONG 26</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>2:30 BADMINTON </p>
<p>8:30 – 4:15 PING PONG 29</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>8:30–4:30 PING PONG 30</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 BADMINTON </p>	<p>Gym Open Daily 8:30am – 4:15pm MEDICALS MUST BE ON FILE, UPDATED EVERY 2 YEARS & BEEN TRAINED BEFORE USING GYM</p>	 <p>APRIL</p>	<p>The Fun & Trendy BOLLYX Fitness is HERE!! BollyX uses interval training to tone your entire body and burn serious calories! Begins in May Sign Up Now Medicals must be on file.</p>

JOIN A CLASS!

BEFORE ENROLLING

MUST HAVE

MEDICALS ON FILE



DEADLINE

MUST:

- * HAVE MEDICALS ON FILE
- *WEAR PROPER ATTIRE
- * HAVE BEEN TRAINED

