


APRIL 2018

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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<p>1</p>  <p>Happy Easter</p>	<p>2 10:15 am Silver Sneakers at Sr. Center (circuit) *4 pm Zumba Gold *5 pm Buti Sculpt 6 pm Kickboxing 7 pm Candlelight Yoga</p>	<p>3 5:15 am Kickboxing 9:15 am Silver Sneakers at Sr. Center (cardio) 10:15 am Silver Sneaker at Sr. Center (Chair Yoga) *5:15 pm Yoga w/Vanessa 6:30 pm Zumba</p>	<p>4 10:15 am Silver Sneakers at Sr. Center (circuit) *4 pm Cardio Drumming 6 pm Kickboxing</p>	<p>5 5:15 am Cardio Kickboxing 5:15 pm Loving Your Body Workshop 6:30 pm Zumba</p>	<p>6 5:15 am Boot Camp 10:15 am Silver Sneakers at Sr. Center (circuit)</p>	<p>7 8 am Loving Your Body Workshop *10:30 am Zumba Step</p>	
<p>8</p>	<p>9 10:15 am Silver Sneakers at Sr. Center (circuit) *4 pm Zumba Gold *5 pm Buti Sculpt 6 pm Kickboxing 7 pm Candlelight Yoga</p>	<p>10 5:15 am Kickboxing 9:15 am Silver Sneakers at Sr. Center (cardio) 10:15 am Silver Sneaker at Sr. Center (Chair Yoga) *5:15 pm Yoga w/Vanessa 6:30 pm Zumba</p>	<p>11 10:15 am Silver Sneakers at Sr. Center (circuit) *4 pm Cardio Drumming 6 pm Kickboxing</p>	<p>12 5:15 am Cardio Kickboxing 5:15 pm Loving Your Body Workshop 6:30 pm Zumba</p>	<p>13 5:15 am Kickboxing 10:15 am Silver Sneakers at Sr. Center (circuit)</p>	<p>14 8 am Loving Your Body Workshop</p>	
<p>15</p>	<p>16 10:15 am Silver Sneakers at Sr. Center (circuit) *4 pm Zumba Gold-Toning *5 pm Strong by Zumba 6 pm Kickboxing 7 pm Candlelight Yoga</p>	<p>17 5:15 am Kickboxing 9:15 am Silver Sneakers at Sr. Center (cardio) 10:15 am Silver Sneaker at Sr. Center (Chair Yoga) *5:15 pm Yoga w/Vanessa 6:30 pm Zumba</p>	<p>18 10:15 am Silver Sneakers at Sr. Center (circuit) *4 pm Cardio Drumming 6 pm Kickboxing</p>	<p>19 5:15 am Cardio Kickboxing 5:15 pm Loving Your Body Workshop 6:30 pm Zumba</p>	<p>20 5:15 am Boot Camp 10:15 am Silver Sneakers at Sr. Center (circuit)</p>	<p>21 8:30 am Zumba *10:30 am Zumba Step</p>	
<p>22</p>	<p>23 10:15 am Silver Sneakers at Sr. Center (circuit) *4 pm Zumba Gold-Toning *5 pm Strong by Zumba 6 pm Kickboxing 7 pm Candlelight Yoga</p>	<p>24 5:15 am Kickboxing 9:15 am Silver Sneakers at Sr. Center (cardio) 10:15 am Silver Sneaker at Sr. Center (Chair Yoga) *5:15 pm Yoga w/Vanessa 6:30 pm Zumba</p>	<p>25 10:15 am Silver Sneakers at Sr. Center (circuit) *4 pm Cardio Drumming 6 pm Kickboxing</p>	<p>26 5:15 am Cardio Kickboxing 6:30 pm Zumba</p>	<p>27 5:15 am Boot Camp 10:15 am Silver Sneakers at Sr. Center (circuit)</p>	<p>28 8:30 am Zumba</p>	
<p>29</p>	<p>30 10:15 am Silver Sneakers at Sr. Center (circuit) *4 pm Zumba Gold-Toning *5 pm Strong by Zumba 6 pm Kickboxing 7 pm Candlelight Yoga</p>	<p>*denotes specialty classes</p>					