



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>THE SPIRES</b> AT BERRY COLLEGE</p>		8:30 Water Aerobics – Lee <b>1</b> 9:15 Cardio Crush (A) – Jen 10:15 Washboard Abs (A, I) – Jen 1:00-3:00 Pickleball 1:30 Functional Training (A, I, B) – Jen 2:15 Sittercize (I, B) – Jen 3:30 Spires Strutters – Judy	8:30 Water Aerobics – Lee <b>2</b> 9:15 Strength Training (A) – Tay 10:00 Stretch 2 (A, I) – Tay 11:00 Assisted Living – Tay 11:30 Skilled Nursing – Tay 1:30 Balance (I, B) – Jen 2:15 Stretch 1 (I, B) – Jen 3:00-4:30 Table Tennis 3:30 Water Aerobics – Janie Bird	8:30 Water Aerobics – Lee <b>3</b> 9:15 Chair Strength Training (A, I, B) – Tay 10:00 Chair Dancing – Judy 11:30 Memory Care – Tay 1:00-3:00 Pickleball 1:30 Sittercize (I, B) – Tay 2:15 Stretch 1 (I, B) – Tay	9:15 Circuit City (A) – Jen <b>4</b> 10:15 Washboard Abs (A, I) – Jen 10:45 Stretch 2 (A, I) – Jen	10:00 Walking Club <b>5</b>
	<b>ALL FOOLS' DAY</b>					
9:00 Step Aerobics <b>6</b> 10:00 Resident Walk 3:00-4:00 Table Tennis 3:30 Water Aerobics – Janie Bird 4:00 Bocce Ball (BC)	9:15 Strength Training (A) – Tay <b>7</b> 10:00 Memory Care – Tay 11:00 Assisted Living – Tay 11:30 Skilled Nursing – Tay 1:30 Cardio Drumming (B, I, A) – Jen 2:15 Creative Movement (A, I) – Jen	8:30 Water Aerobics – Lee <b>8</b> 9:15 Cardio Crush (A) – Jen 10:15 Washboard Abs (A, I) – Jen 1:00-3:00 Pickleball 1:30 Functional Training (A, I, B) – Jen 2:15 Sittercize (I, B) – Jen 3:30 Spires Strutters – Judy	8:30 Water Aerobics – Lee <b>9</b> 9:15 Strength Training (A) – Tay 10:00 Stretch 2 (A, I) – Tay 11:00 Assisted Living – Tay 11:30 Skilled Nursing – Tay <b>1:30-3:00 CAMPUS HIKE W/THE FITNESS GALS</b> 3:00-4:30 Table Tennis 3:30 Water Aerobics – Janie Bird	8:30 Water Aerobics – Lee <b>10</b> 9:15 Chair Strength Training (A, I, B) – Tay 10:00 Chair Dancing – Judy 11:30 Memory Care – Tay 1:00-3:00 Pickleball 1:30 Sittercize (I, B) – Tay 2:00 Thirty Minutes of Songs w/Ray	9:15 Circuit City (A) – Jen <b>11</b> 10:15 Washboard Abs (A, I) – Jen 10:45 Stretch 2 (A, I) – Jen	10:00 Walking Club <b>12</b>
<b>PASSOVER BEGINS</b>						
9:00 Step Aerobics <b>13</b> 10:00 Resident Walk 3:00-4:00 Table Tennis 3:30 Water Aerobics – Janie Bird 4:00 Bocce Ball (BC)	9:15 Strength Training (A) – Tay <b>14</b> 10:00 Memory Care – Tay 11:00 Assisted Living – Tay 11:30 Skilled Nursing – Tay 1:30 Cardio Drumming (B, I, A) – Jen 2:15 Creative Movement (A, I) – Jen	8:30 Water Aerobics – Lee <b>15</b> 9:15 Cardio Crush (A) – Jen 10:15 Washboard Abs (A, I) – Jen 1:00-3:00 Pickleball 1:30 Functional Training (A, I, B) – Jen 2:15 Sittercize (I, B) – Jen 3:30 Spires Strutters – Judy	8:30 Water Aerobics – Lee <b>16</b> 9:15 Strength Training (A) – Tay 10:00 Stretch 2 (A, I) – Tay 11:00 Assisted Living – Tay 11:30 Skilled Nursing – Tay 1:30 Balance (I, B) – Jen 2:15 Stretch 1 (I, B) – Jen 3:00-4:30 Table Tennis 3:30 Water Aerobics – Janie Bird	8:30 Water Aerobics – Lee <b>17</b> 9:15 Chair Strength Training (A, I, B) – Tay 10:00 Chair Dancing – Judy 11:30 Memory Care – Tay 1:00-3:00 Pickleball 1:30 Sittercize (I, B) – Tay 2:15 Stretch 1 (I, B) – Tay	9:15 Circuit City (A) – Jen <b>18</b> <b>11:00-2:00 RIFLE RANGE FIELD TRIP (SIGN UP &amp; INFO IN THE FITNESS CENTER)</b>	10:00 Walking Club <b>19</b>
<b>GOOD FRIDAY</b>						
9:00 Step Aerobics <b>20</b> 10:00 Resident Walk 3:00-4:00 Table Tennis 3:30 Water Aerobics – Janie Bird 4:00 Bocce Ball (BC)	9:15 Strength Training (A) – Tay <b>21</b> 10:00 Memory Care – Tay 11:00 Assisted Living – Tay 11:30 Skilled Nursing – Tay 1:30 Cardio Drumming (B, I, A) – Jen 2:15 Creative Movement (A, I) – Jen	8:30 Water Aerobics – Lee <b>22</b> 9:15 Cardio Crush (A) – Jen 10:15 Washboard Abs (A, I) – Jen 1:00-3:00 Pickleball 1:30 Functional Training (A, I, B) – Jen 2:15 Sittercize (I, B) – Jen 3:30 Spires Strutters – Judy	8:30 Water Aerobics – Lee <b>23</b> 9:15 Strength Training (A) – Tay 10:00 Stretch 2 (A, I) – Tay 11:00 Assisted Living – Tay 11:30 Skilled Nursing – Tay 1:30 Balance (I, B) – Jen 2:15 Stretch 1 (I, B) – Jen 3:00-4:30 Table Tennis 3:30 Water Aerobics – Janie Bird	8:30 Water Aerobics – Lee <b>24</b> 9:15 Chair Strength Training (A, I, B) – Tay 10:00 Chair Dancing – Judy 11:30 Memory Care – Tay 1:00-3:00 Pickleball 1:30 Sittercize (I, B) – Tay 2:15 Stretch 1 (I, B) – Tay	9:15 Circuit City (A) – Jen <b>25</b> <b>11:00-1:00 BOWLING W/THE FITNESS GALS</b>	10:00 Walking Club <b>26</b>
<b>ARBOR DAY</b>						
9:00 Step Aerobics <b>27</b> 10:00 Resident Walk 3:00-4:00 Table Tennis 3:30 Water Aerobics – Janie Bird 4:00 Bocce Ball (BC)	9:15 Strength Training (A) – Tay <b>28</b> 10:00 Memory Care – Tay 11:00 Assisted Living – Tay 11:30 Skilled Nursing – Tay 1:30 Cardio Drumming (B, I, A) – Jen 2:15 Creative Movement (A, I) – Jen	8:30 Water Aerobics – Lee <b>29</b> 9:15 Cardio Crush (A) – Jen 10:15 Washboard Abs (A, I) – Jen 1:00-3:00 Pickleball 1:30 Functional Training (A, I, B) – Jen 2:15 Sittercize (I, B) – Jen 3:30 Spires Strutters – Judy	8:30 Water Aerobics – Lee <b>30</b> 9:15 Strength Training (A) – Tay 10:00 Stretch 2 (A, I) – Tay 11:00 Assisted Living – Tay 11:30 Skilled Nursing – Tay 1:30 Balance (I, B) – Jen 2:15 Stretch 1 (I, B) – Jen 3:00-4:30 Table Tennis 3:30 Water Aerobics – Janie Bird	 <div style="display: flex; justify-content: space-between; align-items: center;"> <div> <p>HEALTH &amp; FITNESS</p> <h1>2025</h1> <p>A = Advanced Level B = Beginner Level I = Intermediate Level</p> </div> </div>		
<b>EASTER SUNDAY</b>						
<b>EARTH DAY</b>						