


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>A = Advanced Level</b> <b>B = Beginner Level</b> <b>I = Intermediate Level</b></p>			8:30 Water Aerobics – Lee <b>1</b> 9:15 Strength Training (A) – Tay 10:00 Washboard Abs (I, A) – Tay 11:00 Assisted Living – Tay 1:30 Chair Core (B, I) – Tay 2:15 Balance (B, I) – Tay 3:00-4:30 Table Tennis 3:30 Water Aerobics – Janie Bird	8:30 Water Aerobics – Lee <b>2</b> 9:15 Circuit City (A) – Jen 10:00 Chair Dancing – Judy 11:30 Memory Care – Tay 1:30 Sittercize (B, I) – Jen 2:15 Stretch 1 (B, I) – Jen	9:15 Strength Training (A) – Jen <b>3</b> 10:00 Advanced Functional Training (I, A) – Jen 10:45 Cardio Drumming – Jen	10:00 Walking Club <b>4</b> 10:00 Water Volleyball
<b>EASTER SUNDAY</b>			<b>APRIL FOOL'S DAY</b>			
10:00 Resident Walk <b>5</b> 3:00-4:00 Table Tennis 3:30 Water Aerobics – Janie Bird	9:15 Strength Training (A) – Jen <b>6</b> 10:00 Stretch 2 (A) – Jen 10:00 Memory Care – Tay 11:00 Assisted Living – Tay 1:30 Cardio Drumming (B, I, A) – Jen 2:15 Creative Movement (I, A) – Jen	8:30 Water Aerobics – Lee <b>7</b> 9:15 Circuit City (A) – Jen 10:00 Mat Pilates (I, A) – Jen 1:30 Functional Training (B, I, A) – Jen 2:15 Sittercize (B, I) – Jen 3:30 Spires Strutters – Judy	8:30 Water Aerobics – Lee <b>8</b> 9:15 Strength Training (A) – Tay 10:00 Washboard Abs (I, A) – Tay 11:00 Assisted Living – Tay 1:30 Chair Core (B, I) – Tay 2:15 Balance (B, I) – Tay 3:00-4:30 Table Tennis 3:30 Water Aerobics – Janie Bird	8:30 Water Aerobics – Lee <b>9</b> 9:15 Circuit City (A) – Jen 10:00 Chair Dancing – Judy 11:30 Memory Care – Tay 1:30 Sittercize (B, I) – Jen 2:15 Stretch 1 (B, I) – Jen	9:15 Strength Training (A) – Jen <b>10</b> 10:00 Advanced Functional Training (I, A) – Jen 10:45 Cardio Drumming – Jen	10:00 Walking Club <b>11</b> 10:00 Water Volleyball
10:00 Resident Walk <b>12</b> 3:00-4:00 Table Tennis 3:30 Water Aerobics – Janie Bird	9:15 Strength Training (A) – Jen <b>13</b> 10:00 Stretch 2 (A) – Jen 10:00 Memory Care – Tay 11:00 Assisted Living – Tay 1:30 Cardio Drumming (B, I, A) – Jen 2:15 Creative Movement (I, A) – Jen	8:30 Water Aerobics – Lee <b>14</b> 9:15 Circuit City (A) – Jen 10:00 Mat Pilates (I, A) – Jen 1:30 Functional Training (B, I, A) – Jen 2:15 Sittercize (B, I) – Jen 3:30 Spires Strutters – Judy	8:30 Water Aerobics – Lee <b>15</b> 9:15 Strength Training (A) – Tay 10:00 Washboard Abs (I, A) – Tay 11:00 Assisted Living – Tay 1:30 Chair Core (B, I) – Tay 2:15 Balance (B, I) – Tay 3:00-4:30 Table Tennis 3:30 Water Aerobics – Janie Bird	8:30 Water Aerobics – Lee <b>16</b> 9:15 Circuit City (A) – Jen 10:00 Chair Dancing – Judy 11:30 Memory Care – Tay 1:30 Sittercize (B, I) – Jen 2:15 Stretch 1 (B, I) – Jen	9:15 Strength Training (A) – Jen <b>17</b> 10:00 Advanced Functional Training (I, A) – Jen 10:45 Cardio Drumming – Jen	10:00 Walking Club <b>18</b> 10:00 Water Volleyball
10:00 Resident Walk <b>19</b> 3:00-4:00 Table Tennis 3:30 Water Aerobics – Janie Bird	9:15 Strength Training (A) – Jen <b>20</b> 10:00 Stretch 2 (A) – Jen 10:00 Memory Care – Tay 11:00 Assisted Living – Tay 1:30 Cardio Drumming (B, I, A) – Jen 2:15 Creative Movement (I, A) – Jen	8:30 Water Aerobics – Lee <b>21</b> 9:15 Circuit City (A) – Jen 10:00 Mat Pilates (I, A) – Jen 1:30 Functional Training (B, I, A) – Jen 2:15 Sittercize (B, I) – Jen 3:30 Spires Strutters – Judy	8:30 Water Aerobics – Lee <b>22</b> 9:15 Strength Training (A) – Tay 10:00 Washboard Abs (I, A) – Tay 11:00 Assisted Living – Tay 1:30 Chair Core (B, I) – Tay 2:15 Balance (B, I) – Tay 3:00-4:30 Table Tennis 3:30 Water Aerobics – Janie Bird	8:30 Water Aerobics – Lee <b>23</b> 9:15 Circuit City (A) – Jen 10:00 Chair Dancing – Judy 11:30 Memory Care – Tay 1:30 Sittercize (B, I) – Jen 2:15 Stretch 1 (B, I) – Jen	9:15 Strength Training (A) – Jen <b>24</b> 10:00 Advanced Functional Training (I, A) – Jen 10:45 Cardio Drumming – Jen <b>12:00-2:00 BOWLING W/THE FITNESS GALS</b>	10:00 Walking Club <b>25</b> 10:00 Water Volleyball
<b>EARTH DAY</b>			<b>EARTH DAY</b>	<b>ARBOR DAY</b>		
10:00 Resident Walk <b>26</b> 3:00-4:00 Table Tennis 3:30 Water Aerobics – Janie Bird	9:15 Strength Training (A) – Jen <b>27</b> 10:00 Stretch 2 (A) – Jen 10:00 Memory Care – Tay 11:00 Assisted Living – Tay 1:30 Cardio Drumming (B, I, A) – Jen 2:15 Creative Movement (I, A) – Jen	8:30 Water Aerobics – Lee <b>28</b> 9:15 Circuit City (A) – Jen 10:00 Mat Pilates (I, A) – Jen 1:30 Functional Training (B, I, A) – Jen 2:15 Sittercize (B, I) – Jen 3:30 Spires Strutters – Judy	8:30 Water Aerobics – Lee <b>29</b> 9:15 Strength Training (A) – Tay 10:00 Washboard Abs (I, A) – Tay 11:00 Assisted Living – Tay 1:30 Chair Core (B, I) – Tay 2:15 Balance (B, I) – Tay 3:00-4:30 Table Tennis 3:30 Water Aerobics – Janie Bird	8:30 Water Aerobics – Lee <b>30</b> 9:15 Circuit City (A) – Jen 10:00 Chair Dancing – Judy 11:30 Memory Care – Tay 1:30 Sittercize (B, I) – Tay <b>2:00 FITNESS CLASS LECTURE: EXPLANATION &amp; BENEFITS W/JEN (MB)</b> 2:15 Stretch 1 (B, I) – Tay		