

APRIL 2025

> **Meditation** held in the **Chapel**.

>Classes in **RED** will be held at the **Lakeside Essence Lounge**.

>Classes in **BLUE** will be held at the **Oak side Group Exercise Room**.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10:00 Water Fitness 10:30 Combo Yoga 11:00 Bone Builders 1:00 Sit and B Fit 1:30 Tai Chi	2 8:15 Fitness 9:00 Fitness 10:00 Seated Flow 2:00 Exercising with therapy	3 9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 11:00 Bone Builders 1:00 BBB (brain, body, Balance)	4 8:15 Fitness 9:00 Fitness 10:00 Water in Motion 2:00 Meditation
7 8:15 Fitness 9:00 Fitness 10:30 Exercising with therapy 2:30 Combo Yoga	8 10:00 Water Fitness 10:30 Combo Yoga 11:00 Bone Builders 1:00 Sit and B Fit 1:30 Tai Chi	9 8:15 Fitness 9:00 Fitness 10:00 Seated Flow 2:00 Exercising with therapy	10 9:15 Seated Yoga 11:00 Bone Builders 11:00 Seated Chair Dance 1:00 BBB -45 MIN	11 8:15 Fitness 9:00 Fitness 10:00 Water in Motion 2:00 Meditation
14 8:15 Fitness 9:00 Fitness 10:30 Exercising with therapy 2:30 Combo Yoga	15 10:00 Water Fitness 10:30 Combo Yoga 11:00 Bone Builders 1:00 Sit and B Fit 1:30 Tai Chi	16 8:15 Fitness 9:00 Fitness 10:00 Seated Flow 2:00 Exercising with therapy	17 9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 11:00 Bone Builders 1:00 BBB	18 8:15 Fitness 9:00 Fitness 10:00 Water in Motion 2:00 Meditation
21 8:15 Fitness 9:00 Fitness 10:30 Exercising with therapy 2:30 Combo Yoga	22 10:00 Water Fitness 10:30 Combo Yoga 11:00 Bone Builders 1:00 Sit and B Fit 1:30 Tai Chi	23 8:15 Fitness 9:00 Fitness 10:00 Seated Flow 2:00 Exercising with therapy	24 9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 11:00 Bone Builders 1:00 BBB	25 8:15 Fitness 9:00 Fitness 10:00 Water in Motion 2:00 Meditation
28 8:15 Fitness 9:00 Fitness 10:30 Exercising with therapy 2:30 Combo Yoga	29 10:00 Water Fitness 10:30 Combo Yoga 11:00 Bone Builders 1:00 Sit and B Fit 1:30 Tai Chi	30 8:15 Fitness 9:00 Fitness 10:00 Seated Flow 2:00 Exercising with therapy		