


April 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 7:45am TRX-Beginners* 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Tai Chi	2 7:45am TRX* 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	3 7:45am Trial TRX* 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Power Hour	4 7:45am TRX* 8:30am Aquacise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i>	
6	7 7:45am TRX* 8:30am Aquacise 9:00am SS Circuit 5:30pm Power Hour	8 7:45am TRX-Beginners* 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Tai Chi 6:30pm Circuit Class*	9 7:45am TRX* 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	10 7:45am Trial TRX* 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Power Hour 6:30pm Circuit Class*	11 7:45am TRX* 8:30am Aquacise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i> 5:30pm Tai Chi	12
13 <u>Fitness Room Hours:</u> M-F 5:30am-8:30pm Sat. 7:00am-6:00pm Sun. CLOSED	14 7:45am TRX* 8:30am Aquacise 9:00am SS Circuit 5:30pm Power Hour	15 7:45am TRX-Beginners* 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Tai Chi 6:30pm Circuit Class*	16 7:45am TRX* 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance 12:30pm Computer Literacy *5:15pm TRX	17 7:45am Trial TRX* 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Power Hour 6:30pm Circuit Class*	18 7:45am TRX* 8:30am Aquacise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i> 5:30pm Tai Chi	19
20 	21 7:45am TRX* 8:30am Aquacise 9:00am SS Circuit 5:30pm Power Hour	22 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Tai Chi 6:30pm Circuit Class*	23 7:45am TRX* 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	24 7:45am Trial TRX* 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Power Hour 6:30pm Circuit Class*	25 7:45am TRX* 8:30am Aquacise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i> 5:30pm Tai Chi	26
27	28 7:45am TRX* 8:30am Aquacise 9:00am SS Circuit 5:30pm Power Hour	29 7:45am TRX-Beginners* 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Tai Chi 6:30pm Circuit Class*	30 7:45am TRX* 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX			