


# April 2025

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