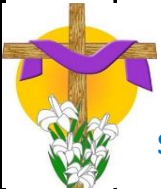


April Strong Sterling

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 BoomMove 8:15 ¹ BoomMuscle 9:15 w/Heather (GF) Chair Yoga 9:15 w/Dawn (AB) Silver Classic 12:00 w/Janice Court 2	BoomMove 8:15 ² BoomMuscle 9:15 w/Heather (GF) Chair Yoga 9:15 w/Dawn (AB) Silver Classic 12:00 w/Janice Court 2	Silver Yoga 9:15 w/Sue (AB)	Silver Circuit 9:15 w/Heather Court 2 Beginner Yoga 10:15 w/Dawn (AB)	Zumba 9:15 w/Rebecca (GF) Tai Chi 10:15 w/Fawn (AB) Silver Classic 12:00 w/Janice Court 2	Chair Yoga 9:15 w/Dawn (C) Silver Circuit 9:15 w/Heather Court 2	
BoomMove 8:15 ⁷ BoomMuscle 9:15 w/Heather (GF) Chair Yoga 9:15 w/Dawn (AB) Silver Classic 12:00 w/Janice Court 2	BoomMove 8:15 ⁸ BoomMuscle 9:15 w/Heather (GF) Chair Yoga 9:15 w/Dawn (AB) Silver Classic 12:00 w/Janice Court 2	Silver Yoga 9:15 w/Sue (AB)	Silver Circuit 9:15 w/Heather Court 2 Silver Yoga 10:15 w/Sue (AB)	Zumba 9:15 ¹¹ w/Rebecca (GF) Tai Chi 10:15 w/Fawn (AB) Silver Classic 12:00 w/Janice Court 2	Chair Yoga 9:15 w/Dawn (C) Silver Circuit 9:15 w/Heather Court 2	
BoomMove 8:15 ¹⁴ BoomMuscle 9:15 w/Heather (GF) Chair Yoga 9:15 w/Dawn (AB) Silver Classic 12:00 w/Janice Court 2	BoomMove 8:15 ¹⁵ BoomMuscle 9:15 w/Heather (GF) Chair Yoga 9:15 w/Dawn (AB) Silver Classic 12:00 w/Janice Court 2	Silver Yoga 9:15 w/Sue (AB)	Silver Circuit 9:15 w/Heather Court 1 Tai Chi 10:15 w/Fawn (AB)	Zumba 9:15 ¹⁸ Tai Chi 10:15 Silver Classic 12:00 Spring Senior Social 1:15	Chair Yoga 9:15 w/Dawn (C) Silver Circuit 9:15 w/Rebecca Court 2	
 BoomMove 8:15 ²¹ BoomMuscle 9:15 w/Heather (GF) Chair Yoga 9:15 w/Dawn (AB) Silver Classic 12:00 w/Janice Court 2	BoomMove 8:15 ²² BoomMuscle 9:15 w/Heather (GF) Chair Yoga 9:15 w/Dawn (AB) Silver Classic 12:00 w/Janice Court 2	Silver Yoga 9:15 w/Sue (AB)	Silver Circuit 9:15 w/Heather Court 2 Silver Yoga 10:15 w/Sue (AB)	Zumba 9:15 ²⁵ w/Rebecca (GF) Tai Chi 10:15 w/Fawn (AB) Silver Classic 12:00 w/Janice Court 2	Chair Yoga 9:15 w/Dawn (C) Silver Circuit 9:15 w/Heather Court 2	
 Zumba 8:15 (GF) ²⁸ Silver Circuit 9:15 w/Rebecca (Court 2) Chair Yoga 9:15 w/Dawn (AB) Silver Classic 12:00 w/Janice Court 2	Zumba 8:15 (GF) ²⁹ Silver Circuit 9:15 w/Rebecca (Court 2) Chair Yoga 9:15 w/Dawn (AB) Silver Classic 12:00 w/Janice Court 2	Silver Yoga 9:15 w/Sue (AB)	Join us for our Spring Senior Social April 21st 1:15		Chair Yoga 9:15 w/Dawn (C) Silver Circuit 9:15 w/Heather Court 2	Mon & Thurs 11:30 Meet on the track
						 WALK & TALK