

April 2014

HAPPY HOLIDAYS! FITNESS, DANCE, AND EXERCISE SCHEDULE (SUBJECT TO CHANGE WITHOUT NOTICE)

April 2014							May 2014						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
6	7	1	2	3	4	5	4	5	6	7	1	2	3
13	14	8	9	10	11	12	11	12	13	14	8	9	10
20	21	15	16	17	18	19	18	19	20	21	22	23	24
27	28	22	23	24	25	26	25	26	27	28	29	30	31

Monday		Tuesday		Wednesday		Thursday		Friday	
Mar 31		Apr 1		2		3		4	
		9:00am Tai Chi Chih w/Dan 11:00am Yoga Stretch w/Lisa		9:00am Pump it Up w/Maria 10:30am Feeling Great Video		9:00am Yoga w/ Maria 10:30am Tai Chi Chih w/Dan 12:00pm Zumba Gold w/Patty		9:00am Pump it Up w/Patty 10:30am Shaping Up - Sitting Down w/Lisa	
7		8		9		10		11	
10:30am Shaping Up - Sitting Down w/Lisa		9:00am Tai Chi Chih w/Dan 11:00am Yoga Stretch w/Lisa		9:00am Pump it Up w/Maria 10:30am Feeling Great Video		9:00am Yoga w/ Maria 10:30am Tai Chi Chih w/Dan		9:00am Pump it Up w/Patty 10:30am Shaping Up - Sitting Down w/Lisa	
14		15		16		17		18	
Passover begins at sundown 9:00am Pump it Up w/Patty		Passover 9:00am Tai Chi Chih w/Dan		10:30am Feeling Great Video		10:30am Tai Chi Chih w/Dan 12:00pm Zumba Gold w/Patty		Good Friday 9:00am Pump it Up w/Patty	
21		22		23		24		25	
9:00am Pump it Up w/Patty 10:30am Shaping Up - Sitting Down w/Lisa		9:00am Tai Chi Chih w/Dan 11:00am Yoga Stretch w/Lisa		9:00am Pump it Up w/Maria 11:00am "Fall Prevention"		9:00am Yoga w/ Maria 10:30am Tai Chi Chih w/Dan 12:00pm Zumba Gold w/Patty		9:00am Pump it Up w/Patty 10:30am Shaping Up - Sitting Down w/Lisa	
28		29		30		May 1		2	
9:00am Pump it Up w/Patty 10:30am Shaping Up - Sitting Down w/Lisa		9:00am Tai Chi Chih w/Dan 11:00am Yoga Stretch w/Lisa		9:00am Pump it Up w/Maria 10:30am Feeling Great Video					