

Group Exercise Schedule-April 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Important Dates & Information</u> *Wednesday April 15 th – Egg-cited Potluck @ 12:30pm *Friday April 24 th – Movie 1:00pm “The Theory of Everything” 		1 <u>Core Concepts</u> 10:30am <u>Silver Lining Express</u> 11:00am	2 <u>Fall Free Balance Enhanced</u> 9:30am <u>Silver Salsa</u> 10:30am <u>Up in Arms Xpress</u> 11:00am	3 <u>50/50</u> 10:30am <u>Core Xpress</u> 11:15am <u>Yoga Lite</u> 11:30am
6 <u>Circuit Breaker</u> 10:30am <u>No Fall VolleyBall</u> 11:30am	7 <u>Nifty Moves</u> 10:30am <u>Yoga Lite</u> 11:30am	8 <u>Core Concepts</u> 10:30am <u>Silver Lining Express</u> 11:00am	9 <u>Fall Free Balance Enhanced</u> 9:30am <u>Silver Salsa</u> 10:30am <u>Up in Arms Xpress</u> 11:00am	10 <u>50/50</u> 10:30am <u>Core Xpress</u> 11:15am <u>Yoga Lite</u> 11:30am
13 <u>Circuit Breaker</u> 10:30am <u>No Fall VolleyBall</u> 11:30am	14 <u>Nifty Moves</u> 10:30am <u>Yoga Lite</u> 11:30am	15 <u>Core Concepts</u> 10:30am <u>Silver Lining Express</u> 11:00pm <u>I'm So Egg-cited Potluck</u> 12:30pm 	16 <u>Fall Free Balance Enhanced</u> 9:30am <u>Silver Salsa</u> 10:30am <u>Up in Arms Xpress</u> 11:00am	17 <u>50/50</u> 10:30am <u>Core Xpress</u> 11:15am <u>Yoga Lite</u> 11:30am
20 <u>Circuit Breaker</u> 10:30am <u>No Fall VolleyBall</u> 11:30am	21 <u>Nifty Moves</u> 10:30am <u>Yoga Lite</u> 11:30am	22 <u>Core Concepts</u> 10:30am <u>Silver Lining Express</u> 11:00am	23 <u>Fall Free Balance Enhanced</u> 9:30am <u>Silver Salsa</u> 10:30am <u>Up in Arms Xpress</u> 11:00am	24 <u>50/50</u> 10:30am <u>Core Xpress</u> 11:15am <u>Yoga Lite</u> 11:30am <u>Movie</u> 1:00pm 
27 <u>Circuit Breaker</u> 10:30am <u>No Fall VolleyBall</u> 11:30am	28 <u>Nifty Moves</u> 10:30am <u>Yoga Lite</u> 11:30am	29 <u>Core Concepts</u> 10:30am <u>Silver Lining Express</u> 11:00am	30 <u>Fall Free Balance Enhanced</u> 9:30am <u>Silver Salsa</u> 10:30am <u>Up in Arms Xpress</u> 11:00am	