



# April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 8:30am- SHAPE 1 9:30am— SHAPE 3 11:00am— Tai Chi	<b>2</b> 9:30am- Chair Yoga 11:00am- SHAPE 2	<b>3</b> 8:30am- SHAPE 1 11:00am— SHAPE 2	<b>4</b> 9:30am— SHAPE 3 11:00am- SHAPE 2	<b>5</b> 8:30am- SHAPE 1 9:30am— Chair Yoga 10:15am— Wii Bowling 11:00am— Tai Chi	<b>6</b>
<b>7</b>	<b>8</b> 8:30am- SHAPE 1 9:30am— SHAPE 3 11:00am— Tai Chi	<b>9</b> 9:30am- Chair Yoga 11:00am- SHAPE 2	<b>10</b> 8:30am- SHAPE 1 11:00am— SHAPE 2	<b>11</b> 9:30am— SHAPE 3 11:00am- SHAPE 2	<b>12</b> 8:30am- SHAPE 1 9:30am— Chair Yoga 10:15am— Wii Bowling 11:00am— Tai Chi	<b>13</b>
<b>14</b>	<b>15</b> 8:30am- SHAPE 1 9:30am— SHAPE 3 11:00am— Tai Chi	<b>16</b> 9:30am- Chair Yoga 11:00am- SHAPE 2	<b>17</b> 8:30am- SHAPE 1 11:00am— SHAPE 2	<b>18</b> 9:30am— SHAPE 3 11:00am- SHAPE 2	<b>19</b> 8:30am- SHAPE 1 9:30am— Chair Yoga 10:15am— Wii Bowling 11:00am— Tai Chi	<b>20</b>
<b>21</b>	<b>22</b> 8:30am- SHAPE 1 9:30am— SHAPE 3 11:00am— Tai Chi	<b>23</b> 9:30am- Chair Yoga 11:00am- SHAPE 2	<b>24</b> 8:30am- SHAPE 1 11:00am— SHAPE 2	<b>25</b> 9:30am— SHAPE 3 11:00am- SHAPE 2	<b>26</b> 8:30am- SHAPE 1 9:30am— Chair Yoga 10:15am— Wii Bowling 11:00am— Tai Chi	<b>27</b>
<b>28</b>	<b>29</b> 8:30am- SHAPE 1 9:30am— SHAPE 3 11:00am— Tai Chi	<b>30</b> 9:30am- Chair Yoga 11:00am- SHAPE 2				