

Wellness Calendar April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:30-11:00 Sit & Be Fit Exercise— WC	2 10:00 Wii Bowling - WC 1:00-1:30 Yoga Class - WC 1:35-2:05 Sit & Be Fit Exercise - Chapel 2:10-2:40 Balance Class - WC	3 10:30-11:00 Sit & Be Fit Exercise - Chapel	4 10:00-10:25 Balance Class - WC 10:30-11:00 Sit & Be Fit Exercise - Chapel	5 1:00-1:30 Yoga Class - WC 1:35-2:05 Sit & Be Fit Exercise - WC	6
7	8 10:30-11:00 Sit & Be Fit Exercise— Chapel	9 10:00 Wii Bowling - WC 1:00-1:30 Yoga Class - WC 1:35-2:05 Sit & Be Fit Exercise - Chapel 2:10-2:40 Balance Class - WC	10 10:30-11:00 Sit & Be Fit Exercise - Chapel	11 10:00-10:25 Balance Class - WC 10:30-11:00 Sit & Be Fit Exercise - Chapel	12 1:00-1:30 Yoga Class - WC 1:35-2:05 Sit & Be Fit Exercise - WC	13
14	15 10:30-11:00 Sit & Be Fit Exercise— Chapel	16 10:00 Wii Bowling - WC 1:00-1:30 Yoga Class - WC 1:35-2:05 Sit & Be Fit Exercise - Chapel 2:10-2:40 Balance Class - WC	17 10:30-11:00 Sit & Be Fit Exercise - Chapel	18 10:00-10:25 Balance Class - WC 10:30-11:00 Sit & Be Fit Exercise - Chapel	19 1:00-1:30 Yoga Class - WC 1:35-2:05 Sit & Be Fit Exercise - Chapel	20
21	22 10:30-11:00 Sit & Be Fit Exercise - WC	23 10:00 Wii Bowling - WC 1:00-1:30 Yoga Class - WC 1:35-2:05 Sit & Be Fit Exercise - Chapel 2:10-2:40 Balance Class - WC	24 10:30-11:00 Sit & Be Fit Exercise - Chapel	25 10:00-10:25 Balance Class - WC 10:30-11:00 Sit & Be Fit Exercise - Chapel	26 1:00-1:30 Yoga Class - WC 1:35-2:05 Sit & Be Fit Exercise - Chapel	27
28	29 10:30-11:00 Sit & Be Fit Exercise— Chapel	30	<u>Location Index:</u> Chapel -1st floor Wellness Center (WC)- 2nd floor			