

# April 2024

## Wellness Calendar

Lisa Roepke, Wellness Coordinator

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 9:00 Tone Zone P 10:00 Wellness Exercise IP 11:00 Tone Zone GC 1:00 Brain Power P 2:30 Brain Power GC	<b>2</b> 9:00 Balance P 10:00 Brain Power 11:00 Chair Yoga 1:00 Wellness Exercise SLC/BC	<b>3</b> 9:00 Flexibility P 10:00 Wellness Exercise 11:00 Balance GC 1:00 Wellness Exercise SLC/BC	<b>4</b> 9:00 Chair Yoga P 10:00 Brain Power 11:00 Tone Zone GC 1:00 Brain Power P 2:30 Brain Power GC	<b>5</b> 9:00 Tone Zone P 10:00 Wellness Exercise 11:00 Balance GC	<b>6</b>
<b>7</b>	<b>8</b> 9:00 Tone Zone P 10:00 Wellness Exercise IP 11:00 Tone Zone GC 1:00 Brain Power P 2:30 Brain Power GC	<b>9</b> 9:00 Balance P 10:00 Brain Power 11:00 Chair Yoga 1:00 Wellness Exercise SLC/BC	<b>10</b> 9:00 Flexibility P 10:00 Wellness Exercise 11:00 Balance GC 1:00 Wellness Exercise SLC/BC	<b>11</b> 9:00 Chair Yoga P 10:00 Brain Power 11:00 Tone Zone GC 1:00 Brain Power P 2:30 Brain Power GC	<b>12</b> 9:00 Tone Zone P 10:00 Wellness Exercise 11:00 Balance GC	<b>13</b>
<b>14</b>	<b>15</b> 9:00 Tone Zone P 10:00 Wellness Exercise IP 11:00 Tone Zone GC 1:00 Brain Power P 2:30 Brain Power GC	<b>16</b> 9:00 Balance P 10:00 Brain Power 11:00 Chair Yoga 1:00 Wellness Exercise SLC/BC	<b>17</b> 9:00 Flexibility P 10:00 Wellness Exercise 11:00 Balance GC 1:00 Wellness Exercise SLC/BC	<b>18</b> 9:00 Chair Yoga P 10:00 Brain Power 11:00 Tone Zone GC 1:00 Brain Power P 2:30 Brain Power GC	<b>19</b> 9:00 Tone Zone P 10:00 Wellness Exercise 11:00 Balance GC	<b>20</b>
<b>21</b>	<b>22</b> 9:00 Tone Zone P 10:00 Wellness Exercise IP 11:00 Tone Zone GC 1:00 Brain Power P 2:30 Brain Power GC	<b>23</b> 9:00 Balance P 10:00 Brain Power 11:00 Chair Yoga 1:00 Wellness Exercise SLC/BC	<b>24</b> 9:00 Flexibility P 10:00 Wellness Exercise 11:00 Balance GC 1:00 Wellness Exercise SLC/BC	<b>25</b> 9:00 Chair Yoga P 10:00 Brain Power 11:00 Tone Zone GC 1:00 Brain Power P 2:30 Brain Power GC	<b>26</b> 9:00 Tone Zone P 10:00 Wellness Exercise 11:00 Balance GC	<b>27</b>
<b>28</b>	<b>29</b> 9:00 Tone Zone P 10:00 Wellness Exercise IP 11:00 Tone Zone GC 1:00 Brain Power P 2:30 Brain Power GC	<b>30</b> 9:00 Balance P 10:00 Brain Power 11:00 Chair Yoga 1:00 Wellness Exercise SLC/BC				