




Seniors

April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 8:30 S. Sneakers Beth 9:30 S. Sneakers Beth 10:30 Adv. Sr. Mixx Beth	2	3 8:30 S. Sneakers Beth 9:30 S. Sneakers Beth 10:30 Adv. Sr. Mixx Beth	4 9:30 Yoga {upstairs} Rebecca	5 8:30 S. Sneakers Beth 9:30 S. Sneakers Beth 10:30 Senior Weight Training Beth	6
7	8 8:30 S. Sneakers Beth 9:30 S. Sneakers Beth 10:30 Adv. Sr. Mixx Beth	9	10 8:30 S. Sneakers Beth 9:30 S. Sneakers Beth 10:30 Adv. Sr. Mixx Beth	11 9:30 Yoga {upstairs} Rebecca	12 8:30 S. Sneakers Beth 9:30 S. Sneakers Beth 10:30 Senior Weight Training Beth	13
14	15 8:30 S. Sneakers Beth 9:30 S. Sneakers Beth 10:30 Adv. Sr. Mixx Beth	16	17 8:30 S. Sneakers Beth 9:30 S. Sneakers Beth 10:30 Adv. Sr. Mixx Beth	18 9:30 Yoga {upstairs} Rebecca	19 8:30 S. Sneakers Beth 9:30 S. Sneakers Beth 10:30 Senior Weight Training Beth	20
21 	22 8:30 S. Sneakers Beth 9:30 S. Sneakers Beth 10:30 Adv. Sr. Mixx Beth	23	24 8:30 S. Sneakers Beth 9:30 S. Sneakers Beth 10:30 Adv. Sr. Mixx Beth	25 9:30 Yoga {upstairs} Rebecca	26 8:30 S. Sneakers Beth 9:30 S. Sneakers Beth 10:30 Senior Weight Training Beth	27
28	29	30				