






Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<b>1</b> <b>April Fools!</b> 9:15 Appleby Fun & Fit 11:15 Bronte Fun & Fit  1:45 Sweat Squad	<b>2</b> 10:15 Standing Balance  1:45 Group Fitness (strength)	<b>3</b> 9:15 Oaklands Fun & Fit 11:00 Appleby Total Body Fitness 11:15 Nelson Fun & Fit  1:00 Brant Total Body Fitness 2:30 Drum Fit (South Tower) 3:00 Bronte Total Body Fitness	<b>4</b> Walkers & Rollers 11:30 Basketball & Ball Toss  1:15 Brant Fun & Fit 1:45 Seated Yoga 2:15 Drum Fit (South Tower)	<b>5</b> 11:00 Therapy Dogs   1:45 Drum Fit (North Tower)	<b>6</b> 10:15 Morning Tai Chi 11:15 Bronte Total Body Fitness  1:15 Brant Total Body Fitness 2:00 Appleby Total Body Fitness	
<b>7</b> 10:00 Oaklands Total Body Fitness  11:00 Nelson Total Body Fitness  1:45 Basketball & Ball Toss	<b>8</b> 9:15 Appleby Fun & Fit 11:15 Bronte Fun & Fit  1:45 Sweat Squad	<b>9</b> 10:15 Standing Balance  1:45 Group Fitness (cardio)	<b>10</b> 9:15 Oaklands Fun & Fit 11:00 Appleby Total Body Fitness 11:15 Nelson Fun & Fit  1:00 Brant Total Body Fitness 2:30 Drum Fit (South Tower) 3:00 Bronte Total Body Fitness	<b>11</b> Walkers & Rollers 11:30 Basketball & Ball Toss  1:15 Brant Fun & Fit 1:15 Seated Yoga  2:30 Reptile Show 	<b>12</b> 11:00 Line Dancing  1:45 Drum Fit (North Tower)	<b>13</b>	
<b>14</b>	<b>15</b> 9:15 Appleby Fun & Fit 11:15 Bronte Fun & Fit  1:45 Sweat Squad	<b>16</b> 10:15 Standing Balance  1:45 Group Fitness (strength)	<b>17</b> 9:15 Oaklands Fun & Fit 11:00 Appleby Total Body Fitness 11:15 Nelson Fun & Fit  1:00 Brant Total Body Fitness 2:30 Drum Fit (South Tower) 3:00 Bronte Total Body Fitness	<b>18</b> Walkers & Rollers 11:30 Basketball & Ball Toss  1:15 Brant Fun & Fit 1:45 Seated Yoga 2:15 Drum Fit (South Tower)	<b>19</b> 11:00 Line Dancing  1:45 Drum Fit (North Tower)	<b>20</b> 10:15 Morning Tai Chi 11:15 Bronte Total Body Fitness  1:15 Brant Total Body Fitness 2:00 Appleby Total Body Fitness	
<b>21</b> 10:00 Oaklands Total Body Fitness  11:00 Nelson Total Body Fitness  1:45 Basketball & Ball Toss	<b>22</b> 9:15 Appleby Fun & Fit 11:15 Bronte Fun & Fit  1:45 Sweat Squad	<b>23</b> 10:15 Standing Balance  1:45 Group Fitness (cardio)	<b>24</b> 9:15 Oaklands Fun & Fit 11:00 Appleby Total Body Fitness 11:15 Nelson Fun & Fit  1:00 Brant Total Body Fitness 2:30 Drum Fit (South Tower) 3:00 Bronte Total Body Fitness	<b>25</b> Walkers & Rollers 11:30 Basketball & Ball Toss  1:15 Brant Fun & Fit 1:45 Seated Yoga 2:15 Drum Fit (South Tower)	<b>26</b> 11:00 Line Dancing  1:45 Drum Fit (North Tower)	<b>27</b>	
<b>28</b>	<b>29</b> 9:15 Appleby Fun & Fit 11:15 Bronte Fun & Fit  1:45 Sweat Squad	<b>30</b> 10:15 Standing Balance  1:45 Group Fitness (strength)				 Kyle Away from Village	<b>Group Exercise Classes:</b> <ul style="list-style-type: none"> <li>• Standing Balance</li> <li>• Tai Chi</li> <li>• Drum Fit</li> <li>• Seated Yoga</li> <li>• Cardio Fit</li> <li>• Strength</li> <li>• Pilates</li> </ul>

