

APRIL

Program for Active Living

Legend

C—Chapel
TH—Town Hall
MF—Main Floor
TS—Town Square
SC—Social Club



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:00 - Standing Balance 1:45 - Group Fitness (Cardio)	2 9:15 - Nelson Fun & Fit 11:00 - Appleby TBF 11:15 - Oaklands Fun & Fit 1:00 - Brant TBF 3:00 - Bronte TBF	3 11:15 - Brant Fun & Fit 11:30 - Basketball Toss 1:45 - Seated Yoga	4	5
6	7 9:15 - Appleby Fun & Fit 11:15 - Bronte Fun & Fit 1:30 - Sweat Squad	8 10:00 - Standing Balance 1:45 - Group Fitness (Cardio)	9 9:15 - Nelson Fun & Fit 11:00 - Appleby TBF 11:15 - Oaklands Fun & Fit 1:00 - Brant TBF 3:00 - Bronte TBF	10 11:15 - Brant Fun & Fit 11:30 - Basketball Toss 1:45 - Seated Yoga	11	12 10:00 - Tai Chi 11:00 - Bronte TBF 2:00 - Appleby TBF
13 10:15 - Oaklands TBF 11:00 - Nelson TBF 1:45 - Basketball Toss	14 9:15 - Appleby Fun & Fit 11:15 - Bronte Fun & Fit 1:30 - Sweat Squad	15 10:00 - Standing Balance 1:45 - Group Fitness (Cardio)	16 9:15 - Nelson Fun & Fit 11:00 - Appleby TBF 11:15 - Oaklands Fun & Fit 1:00 - Brant TBF 3:00 - Bronte TBF	17 11:15 - Brant Fun & Fit 11:30 - Basketball Toss 1:45 - Seated Yoga	18 Good Friday	19
20	21 9:15 - Appleby Fun & Fit 11:15 - Bronte Fun & Fit 1:30 - Sweat Squad	22 10:00 - Standing Balance 1:45 - Group Fitness (Cardio)	23 9:15 - Nelson Fun & Fit 11:15 - Oaklands Fun & Fit	24 11:15 - Brant Fun & Fit	25	26
27	28 9:15 - Appleby Fun & Fit 11:15 - Bronte Fun & Fit	29	30 9:15 - Nelson Fun & Fit 11:15 - Oaklands Fun & Fit	National Volunteer Week April 27–May 3 We our volunteers		