

# APRIL

## Program for Active Living

### Legend

E - Eby  
 N&T - Newberry & Trussler  
 Str- Strasburg  
 A - Aberdeen  
 R - Roseville

K - Kingsdale  
 S - Sandhills  
 W - Waldau  
 H - Haysville



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 10:00 Total Body Fitness - Str 11:00 Total Body Fitness - N&T 3:30 Total Body Fitness - E	<b>2</b> 10:00 Total Body Fitness - A 3:00 Fun and Fitness - K 3:30 Taichi - H	<b>3</b> 10:00 Total Body Fitness - N&T 11:00 Total Body Fitness - H 3:30 Taichi - Str	<b>4</b> 10:00 Total Body Fitness - R 11:00 Total Body Fitness - S 2:45 Hand Therapy - A	<b>5</b>
<b>6</b>	<b>7</b> 10:00 Total Body Fitness- K 11:00 Total Body Fitness- S 2:45 Hand therapy- N&T 3:00 Fun and Fitness - A 3:00 Fun and Fitness - R	<b>8</b> 10:00 Total Body Fitness - Str 11:00 Total Body Fitness - N&T 3:30 Total Body Fitness - E	<b>9</b> 10:00 Total Body Fitness - A 3:00 Fun and Fitness - K 3:30 Taichi - H	<b>10</b> 10:00 Total Body Fitness - N&T 11:00 Total Body Fitness - H 3:30 Taichi - Str	<b>11</b> 10:00 Total Body Fitness - R 11:00 Total Body Fitness - S 2:45 Hand Therapy - Str	<b>12</b>
<b>13</b>	<b>14</b> 10:00 Total Body Fitness- K 11:00 Total Body Fitness- S 2:45 Hand therapy- K 3:00 Fun and Fitness - A 3:00 Fun and Fitness - R	<b>15</b> 10:00 Total Body Fitness - Str 11:00 Total Body Fitness - N&T 3:30 Total Body Fitness - E	<b>16</b> 10:00 Total Body Fitness - A 3:00 Fun and Fitness - K 3:30 Taichi - H	<b>17</b> 10:00 Total Body Fitness - N&T 11:00 Total Body Fitness - H 3:30 Taichi - Str	<b>18</b> <b>Good Friday</b>	<b>19</b>
<b>20</b>	<b>21</b> 10:00 Total Body Fitness- K 11:00 Total Body Fitness- S 2:45 Hand therapy- H 3:00 Fun and Fitness - A 3:00 Fun and Fitness - R	<b>22</b> 10:00 Total Body Fitness - Str 11:00 Total Body Fitness - N&T 3:30 Total Body Fitness - E	<b>23</b> 10:00 Total Body Fitness - A 3:00 Fun and Fitness - K 3:30 Taichi - H	<b>24</b> 10:00 Total Body Fitness - N&T 11:00 Total Body Fitness - H 3:30 Taichi - Str	<b>25</b> 10:00 Total Body Fitness - R 11:00 Total Body Fitness - S 2:45 Hand Therapy - E	<b>26</b>
<b>27</b>	<b>28</b> 10:00 Total Body Fitness- K 11:00 Total Body Fitness- S 2:45 Hand therapy- N&T 3:00 Fun and Fitness - A 3:00 Fun and Fitness - R	<b>29</b> 10:00 Total Body Fitness - Str 11:00 Total Body Fitness - N&T 3:30 Total Body Fitness - E	<b>30</b> 10:00 Total Body Fitness - A 3:00 Fun and Fitness - K 3:30 Taichi - H			