

APRIL

Program for Active Living

Legend
 (JS) John Sweeney
 (EG) Egerton
 (FC) Fitness Center



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:00 Balance Class (JS) 2:30 Hand Therapy (JS)	2 10:00 Video Zumba (EG) 3:30 Video Zumba (FC)	3 1:30 Stretching Class (JS)	4 10:00 Balance Class (JS) 10:00 Zumba (EG)	5 9:30 Stretching Class (JS)
6 OPEN GYM DAY	7 9:30 Stretching Class (JS) 1:30 SMART Exercises (JS)	8 10:00 Balance Class (JS) 2:30 Hand Therapy (JS)	9 10:00 Video Zumba (EG) 3:30 Video Zumba (FC)	10 1:30 Tai Chi (JS)	11 10:00 Balance Class (JS) 10:00 Zumba (EG)	12 9:30 Stretching Class (JS)
13 Palm Sunday ✝️ OPEN GYM DAY	14 9:30 Stretching Class (JS) 1:30 SMART Exercises (JS)	15 10:00 Balance Class (JS) 2:30 Hand Therapy (JS)	16 10:00 Video Zumba (EG) 11:15 Zumba (JS)	17 1:30 Stretching Class (JS)	18 Good Friday 😊 OPEN GYM DAY	19 9:30 Stretching Class (JS)
20 Easter Sunday 🐰 OPEN GYM DAY	21 9:30 Stretching Class (JS) 1:30 SMART Exercises (JS)	22 10:00 Balance Class (JS) 2:30 Hand Therapy (JS)	23 10:00 Video Zumba (EG) 3:30 Video Zumba (FC)	24 1:30 Tai Chi (JS)	25 10:00 Balance Class (JS)	26 9:30 Stretching Class (JS)
27 OPEN GYM DAY	28 9:30 Stretching Class (JS) 1:30 SMART Exercises (JS)	29 10:00 Balance Class (JS) 2:30 Hand Therapy (JS)	30 10:00 Video Zumba (EG) 3:30 Zumba (EG)			