

Theme: Mindful Movement

April Schedule



Spirit Fridays: Wear Blue

CLASS KEY

- Beginner
- ◐ Intermediate
- Advanced
- ♥ Social Class

Monday

- ◐ **6:00 am**
Cardio Fusion
- **6:45 am**
Functional Strength
- **7:30 am**
Yoga 45
- ◐ **8:30 am**
Lower Body Express
- **9:00 am**
Gentle Mobility
- ◐ **10:00 am**
Walk This Way
- ♥ **11:00 am**
Social Club
- ◐ **1:00 pm**
Arms & Abs
- **2:00 pm**
Stretch & Recovery

Tuesday

- **6:30 am**
Cardio Blast Express
- ◐ **7:00 am**
Full Body 45
- **8:00 am**
Core Stability
- **9:00 am**
Fall Free® Balance
- **10:00 am**
Upper Body Strength
- **11:00 am**
Tai Chi
- ◐ **1:00 pm**
Strength & Cardio 45
- ◐ **2:00 pm**
Pilates

Wednesday

- ◐ **6:00 am**
Full Body Strength
- **6:45 am**
Cardio Fusion
- **7:30 am**
Chair Pilates 45
- ◐ **8:30 am**
Core Express
- ◐ **9:00 am**
Mobility & Stability
- **10:00 am**
Move & Groove
- ◐ **10:00 am**
*Cardio Drumming - (2nd Wed)
- **11:00 am**
Ageless Grace
- ♥ **1:00 pm**
Club Connections
- ◐ **2:00 pm**
Full Body 45
- ◐ **3:00 pm**
Yoga

Thursday

- **6:30 am**
Cardio Blast Express
- ◐ **7:00 am**
Full Body 45
- **8:00 am**
Advanced Core
- ◐ **9:00 am**
Fall Free® Balance
- ◐ **10:00 am**
Lower Body Strength
- **11:00 am**
Tai Chi
- ◐ **1:00 pm**
Strength & Cardio 45
- ◐ **2:00 pm**
Pilates

Friday

- ◐ **6:00 am**
Cardio Fusion
- **6:45 am**
Advanced Strength
- ◐ **7:30 am**
Chair Yoga 45
- ◐ **8:30 am**
Upper Body Express
- **9:00 am**
Mobility Masters
- **10:00 am**
Walk This Way
- ♥ **11:00 am**
Brain Games
- ◐ **1:00 pm**
Legs & Abs
- **2:00 pm**
Stretch & Recovery

Club Connections

Wednesdays @ 1 PM PT

APR
01

Connect Event: Mindful Yoga

Join this mindful yoga class to help promote relaxation, better sleep, and restore brain power with Coach KC.



APR
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Cooking Club: Anti-Inflammatory Chicken Salad

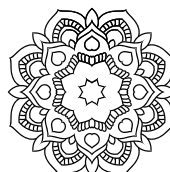
Join Coach Merlin in making this classic chicken salad with a healthier, lighter twist packed with protein and anti-inflammatory ingredients!



APR
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Art Club: Mandala Drawing

Join us in promoting relaxation, mindfulness and creativity as Coach Merlin guides you in drawing a unique mandala design through simple lines and symmetric patterns.



APR
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Book Club: The Wife Upstairs by Freida McFadden

This psychological thriller is about two women, Sylvia and Victoria, who shares shocking secrets about Victoria's husband, Adam, and their relationship through a diary.



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Connect Event: All-in-One Workout: Challenge Check-in

This 45 minute All-in One class is designed to continue to guide you through our My Wellness Challenge in one fun immersive class as well as check-ins.



Social Club



Mondays @ 11 AM PT

- 4/6 Member Orientation
- 4/13 Benefits of Mindful Practices
- 4/20 Grounding Benefits
- 4/27 Journaling for Mindfulness



Brain Games



Fridays @ 11 AM PT

- 4/3 BINGO
- 4/10 Memory in Motion
- 4/17 Mindfulness Jeopardy
- 4/24 "The Great Outdoors" Trivia