



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
*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
08

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
15

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
22

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.



APR
29

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