



# APRIL FITNESS SCHEDULE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b> <u>Walk a Mile</u> 9:30 Forward Head Posture Fix - PP  10:30 Total Body - PP  1:30 Qigong for Balance - PP  <b>2:00 Indoor Volleyball - PP</b>	<b>3</b> <u>Walk a Mile</u> 9:30 Forward Head Posture Fix - PP  10:30 Yoga - PP  1:30 Weight Lift - FIT	<b>4</b> <u>Walk a Mile</u> 9:30 Forward Head Posture Fix - PP  10:30 Total Body - PP  <b>1:30 Sensory Art - PP</b>	<b>5</b> <u>Walk a Mile</u> 9:30 Forward Head Posture Fix - PP  10:30 Yoga - PP  1:30 Weight Lift - FIT	<b>6</b> <u>Walk a Mile</u> 9:30 Forward Head Posture Fix - PP  <b>1:30 Indoor Volleyball- PP</b>	<b>7</b>
<b>8</b>	<b>9</b> <u>Walk a Mile</u> 9:30 Forward Head Posture Fix - PP  <b>10:30 Town Hall - PP</b>  1:30 Qigong for Balance - PP  <b>2:00 Indoor Volleyball - PP</b>	<b>10</b> <u>Walk a Mile</u> 9:30 Forward Head Posture Fix - PP  10:30 Yoga - PP  1:30 Weight Lift - FIT	<b>11</b> <u>Walk a Mile</u> 9:30 Forward Head Posture Fix - PP  10:30 Total Body - PP  1:30 Qigong for Balance - PP  <b>2:00 Indoor Volleyball - PP</b>	<b>12</b> <u>Walk a Mile</u> 9:30 Forward Head Posture Fix - PP  10:30 Yoga - PP  1:30 Weight Lift - FIT	<b>13</b> <u>Walk a Mile</u> 9:30 TED Talks - PP  <b>1:30 Pour Painting - PP</b>	<b>14</b>
<b>15</b>	<b>16</b> <u>Walk a Mile</u> 9:30 Forward Head Posture Fix - PP  10:30 Total Body - PP  1:30 Qigong for Balance - PP  <b>2:00 Indoor Volleyball - PP</b>	<b>17</b> <u>Walk a Mile</u> 9:30 Forward Head Posture Fix - PP  10:30 Yoga - PP  1:30 Weight Lift - FIT	<b>18</b> <u>Walk a Mile</u> 9:30 Forward Head Posture Fix - PP  10:30 Total Body - PP  1:30 Qigong for Balance - PP  <b>2:00 Indoor Volleyball - PP</b>	<b>19</b> <u>Walk a Mile</u> 9:30 Forward Head Posture Fix - PP  10:30 Yoga - PP  1:30 Weight Lift - FIT	<b>20</b> <u>Walk a Mile</u> 9:30 Forward Head Posture Fix - PP  <b>1:30 From Memories to Memoirs Presentation - PP</b>	<b>21</b>
<b>22</b>	<b>23</b> <u>Walk a Mile</u> 9:30 Forward Head Posture Fix - PP  10:30 Total Body - PP  1:30 Qigong for Balance - PP  <b>2:00 Indoor Volleyball - PP</b>	<b>24</b> <u>Walk a Mile</u> 9:30 Forward Head Posture Fix - PP  10:30 Yoga - PP  1:30 Weight Lift - FIT	<b>25</b> <u>Walk a Mile</u> 9:30 Forward Head Posture Fix - PP  10:30 Total Body - PP  1:30 Qigong for Balance - PP  <b>2:00 Indoor Volleyball - PP</b>	<b>26</b> <u>Walk a Mile</u> 9:30 Forward Head Posture Fix - PP  10:30 Yoga - PP  1:30 Weight Lift - FIT	<b>27</b> <u>Walk a Mile</u> 9:30 Forward Head Posture Fix - PP  <b>1:30 Saran Wrap Ball - PP</b>	<b>28</b>
<b>29</b>	<b>30</b> <u>Walk a Mile</u> 9:30 Forward Head Posture Fix - PP  10:30 Total Body - PP  1:30 Qigong for Balance - PP  <b>2:00 Indoor Volleyball - PP</b>					

## Total Body - PP

Total Body class: 25 minutes of intermediate to challenging movements; integrated together to provide muscle strengthening, cardio and total body toning to upbeat music.

## Forward Head Posture Fix - FIT

Forward Head Posture Fix is the simplest program you can use to instantly improve your posture for greater strength, better health and energy.

## Weight Lifting - FIT

Weight Lifting: 30 minutes of full body light weight lifting exercises. Many of the exercises can be done while sitting in a chair.

## Yoga - FIT

Easy chair postures are safe and beneficial for the active senior. Yoga can help by stimulating blood circulation and releasing stiff joints.

## Qigong - PP

Balance is controlled movement and that's exactly what practicing Qigong will do for you. Develop strength and balance as you move through 9 full-body postures. You can even do them in your chair!

## Walk a Mile

9 laps around 1 floor of the building is a distance of 1 mile! Keep track and report to Sulli every Friday the number of laps you have done.

As your Wellness Director, it is my goal to continually focus on your overall wellbeing by carefully planning the Wellness Calendar to meet physical, mental and emotional needs, integrated together for a mind-body-soul experience.

***For every class you attend, your name will be entered into a drawing to win a FREE 30 MINUTE MASSAGE with ABOUT TOUCH. The winner will be drawn and announced on the first class of the month. Last month's winner: Shige Graham!***

**If You Can Move, You Can Improve!**