

## March-April 2022

Easy Adult Fitness classes at 9:30 a.m. and 10:30 a.m.

\*\*\* Bring your water bottle. All other equipment provided. \*\*\*

Monday	Wednesday	Friday
<b>February 28</b> <b>Chair yoga</b> (chair, weights)	<b>March 2</b> <b>Easy Does It</b> (chair and weights)	<b>March 4</b> <b>Walking with Weights</b> (light weights and ball)
<b>March 7</b> <b>Chair yoga</b> (chair, weights)	<b>March 9</b> <b>Building Better Bones</b> (chair, weights)	<b>March 11</b> <b>Hi-Lo Aerobics</b> plus Bender Ball
<b>March 14</b> <b>Chair yoga</b> (chair, weights)	<b>March 16</b> <b>Whole Body Stretching</b> (Chair )	<b>March 18</b> <b>Boxing</b> plus chair Pilate
<b>March 21</b> <b>Chair yoga</b> (chair, weights)	<b>March 23</b> <b>Easy Does It</b> (chair and weights)	<b>March 25</b> <b>Walking with Weights</b> (light weights and ball)
<b>March 28</b> <b>Chair yoga</b> (chair, weights)	<b>March 28</b> <b>Building Better Bones</b> (chair, weights)	<b>April 1</b> <b>Hi-Lo Aerobics</b> plus Bender Ball
<b>April 4</b> <b>Chair yoga</b> (chair, weights)	<b>April 6</b> <b>Whole Body Stretching</b> (Chair )	<b>April 8</b> <b>Boxing</b> plus chair Pilates
<b>April 11</b> <b>Chair yoga</b> (chair, weights)	<b>April 13</b> <b>Easy Does It</b> (chair and weights)	<b>April 15</b> <b>Good Friday</b> <b>no class</b>
<b>April 18</b> <b>Holiday</b> <b>no class</b>	<b>April 20</b> <b>Building Better Bones</b> (chair, weights)	<b>April 22</b> <b>Walking with Weights</b> (light weights and ball)
<b>April 25</b> <b>Chair yoga</b> (chair, weights)	<b>April 27</b> <b>Whole Body Stretching</b> (Chair )	<b>April 29</b> <b>Hi-Lo Aerobics</b> plus Bender Ball