## **FITNESS CALENDAR**

**APRIL 2021** 

	5 CALEI	1	MEDNICODAY	THEODAY		TIL ZUZI
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY 2	SATURDAY 3
				10:00 AM Sit To Be Fit (FC)	10:00 AM Aqua Motion(P)	9:00 AM Aqua Motion (P)
				11:00 AM Balance (FC)	11:00 AM Stretch/Flex (FC)	10:00 AM Strength Training
				11:00 AM Stretch with Lisa	11:00 AM HIIT in a chair	(FC)
				(Inhouse TV Channel 1390)		10:00 AM Senior Exercise with MaryJane (Inhouse TV Channel 1390)
				11:45 Stretch/Flex (FC)	12:00 PM Hydro-Riding(P)	
					12:30 PM Hydro-Riding(P)	
4	5	6	7	8	9	10
2:00 PM Strength Training (Inhouse TV Channel 1390)	9:00 AM Pilates in a Chair (FC-A)	9:00AM Aqua Fit (P)	8:45 AM Chair Aerobics (FC)	10:00 AM Sit To Be Fit (FC)	10:00 AM Aqua Motion(P)	9:00 AM Aqua Motion (P)
	10:00 AM Aqua Motion (P)	10:00AM Sit To Be Fit (FC)	10:00AM Aqua Motion (P)	11:00 AM Balance (FC)	11:00 AM Stretch/Flex (FC)	10:00 AM Strength Training (FC)
	11:00 AM Strength	11:00 AM Balance (FC) 11:00 AM Chair Yoga with	11:00 AM Chair Yoga (FC)	11:00 AM Stretch with Lisa (Inhouse TV Channel 1390)	11:00 AM HIIT in a chair with MaryJane (Inhouse TV Channel 1390)	10:00 AM Senior Exercise with MaryJane (Inhouse
	11:00 AM Strength with	Maryjane (Inhouse TV Channel 1390)	11:00 AM Stretch and Relaxation (Inhouse TV	,	12:00 PM Hydro-Riding(P)	TV Channel 1390)
	MaryJane (Inhouse TV	11:45 Chair Yoga (FC)	Channel 1390)	111.43 Stretch/Flex (FO)		11:00 AM Pilates with Mary
			12:00 PM Hydro-Riding(P)		12.30 FWHYGO-Riding(F)	1390)
	12:00 PM Hydro-Riding(P)		12:30 PM Hydro-Riding(P)			
11	12:30 PM Hydro-Riding(P)	13	14	15	16	17
	9:00 AM Pilates in a Chair		8:45 AM Chair Aerobics		10:00 AM Aqua Motion(P)	9:00 AM Agua Motion (P)
(Inhouse TV Channel 1390)	(FC-A)	10:00AM Sit To Be Fit (FC)		10:00 AM Sit To Be Fit (FC)	11:00 AM Stretch/Flex (FC)	10:00 AM Strength Training
	10:00 AM Aqua Motion (P)	` ,	10:00AM Aqua Motion (P)	11:00 AM Balance (FC)	11:00 AM HIIT in a chair	(FC)
	11:00 AM Strength	11:00 AM Chair Yoga with		11:00 AM Stretch with Lisa (Inhouse TV Channel		10:00 AM Senior Exercise with MaryJane (Inhouse
	11:00 AM Strength with	Maryjane (Inhouse TV Channel 1390)	11:00 AM Stretch and Relaxation (Inhouse TV	1390)	12:00 PM Hydro-Riding(P)	
	MaryJane (Inhouse TV Channel 1390)	11:45 Chair Yoga (FC)	Channel 1390) 12:00 PM Hydro-Riding(P)	11:45 Stretch/Flex (FC)	12:30 PM Hydro-Riding(P)	11:00 AM Pilates with Mary (Inhouse TV Channel 1390)
	12:00 PM Hydro-Riding(P)	12:45 LODGE-Chair Yoga	12:30 PM Hydro-Riding(P)			1000)
	12:30 PM Hydro-Riding(P)			00	00	0.4
	19	20	21	22	23	24
2:00 PM Strength Training (Inhouse TV Channel 1390)	9:00 AM Pilates in a Chair (FC-A)		8:45 AM Chair Aerobics (FC)	10:00 AM Sit To Be Fit (FC)	10:00 AM Aqua Motion(P)	9:00 AM Aqua Motion (P)
	10:00 AM Aqua Motion (P)		10:00AM Aqua Motion (P)	11:00 AM Balance (FC)	11:00 AM Stretch/Flex (FC)	10:00 AM Strength Training (FC)
	11:00 AM Strength	11:00 AM Balance (FC)	11:00 AM Chair Yoga (FC)	11:00 AM Stretch with Lisa (Inhouse TV Channel		10:00 AM Senior Exercise
		11:00 AM Chair Yoga with Maryjane (Inhouse TV	11:00 AM Stretch and	1390)	TV Channel 1390)	with MaryJane (Inhouse TV Channel 1390)
	11:00 AM Strength with MaryJane (Inhouse TV	Channel 1390)	Relaxation (Inhouse TV Channel 1390)	11:45 Stretch/Flex (FC)	12:00 PM Hydro-Riding(P)	11:00 AM Pilates with Mary
	·	11:45 Chair Yoga (FC)	12:00 PM Hydro-Riding(P)		12:30 PM Hydro-Riding(P)	(Inhouse TV Channel 1390)
	12:00 PM Hydro-Riding(P)		12:30 PM Hydro-Riding(P)			
25	12:30 PM Hydro-Riding(P) 26	27	28	<u> </u>	30	
2:00 PM Strength Training (Inhouse TV Channel 1390)	9:00 AM Pilates in a Chair (FC-A)	9:00AM Aqua Fit (P)	8:45 AM Chair Aerobics (FC)	10:00 AM Sit To Be Fit (FC)	10:00 AM Aqua Motion(P)	
		10:00AM Sit To Be Fit (FC)		11:00 AM Balance (FC)	11:00 AM Stretch/Flex (FC)	
	11:00 AM Strength	11:00 AM Balance (FC)		11:00 AM Stretch with Lisa (Inhouse TV Channel	11:00 AM HIIT in a chair with MaryJane (Inhouse	
		11:00 AM Chair Yoga with Maryjane (Inhouse TV	11:00 AM Stretch and	1390)	TV Channel 1390)	
	11:00 AM Strength with MaryJane (Inhouse TV	Channel 1390)	Relaxation (Inhouse TV Channel 1390)	11:45 Stretch/Flex (FC)	12:00 PM Hydro-Riding(P)	
	·	11:45 Chair Yoga (FC)	12:00 PM Hydro-Riding(P)		12:30 PM Hydro-Riding(P)	
	12:00 PM Hydro-Riding(P)	_	12:30 PM Hydro-Riding(P)			
	12:30 PM Hydro-Riding(P)	<u> </u>	Room Key			
		(D.CI.) Daal Carrie	(FC-L) = Fitness			
		(P-GL) = Pool-Grand Lodge	Center-Lodge (L-L) = Library-Lodge	(FC-GL) = Fitness Center-Grand Lodge		

Library-Lodge