

SUN	MON	TUE	WED	THUR	FRI	SAT						
1	8:15 Level 3 Fitness Class (MWIM) 9:00 Level 2 Fitness Class (MWIM) 10:00 Custom Care Exercises (CC Rec) 1:00 Level 1 Fitness Class (MWIM) 2:00 Fitness Zone Class (FZ) 3:00 Fitness Zone Class (FZ)	2	8:00 Level 2 Fitness Class (MWIM) 9:00 Level 1 Fitness Class (MWIM) 9:45 Arbor Place Exercises (Arbor) 10:30 Nordic Walking 1:00 Fitness Zone Class (FZ)	3	8:15 Level 3 Fitness Class (MWIM) 9:00 Level 2 Fitness Class (MWIM) 11:00 Fitness Zone Class (FZ) 1:00 Fitness Zone Class (FZ) 1:00 Level 1 Fitness Class (MWIM) 2:00 Fitness Zone Class (FZ) 3:00 Fitness Zone Class (FZ)	4	8:00 Level 2 Fitness Class (MWIM) 9:00 Level 1 Fitness Class (MWIM)	5	8:15 Level 3 Fitness Class (MWIM) 9:00 Level 2 Fitness Class (MWIM) 10:00 Custom Care Exercises (CC Rec) 11:00 Dancercise (Comm. Rm.) 1:00 Level 1 Fitness Class (MWIM) 2:00 Fitness Zone Class (FZ) 3:00 Fitness Zone Class (FZ)	6	10:30 Arbor Place Exercises (Arbor)	7
8	8:15 Level 3 Fitness Class (MWIM) 9:00 Level 2 Fitness Class (MWIM) 10:00 Custom Care Exercises (CC Rec) 1:00 Level 1 Fitness Class (MWIM) 2:00 Fitness Zone Class (FZ) 3:00 Fitness Zone Class (FZ)	9	8:00 Level 2 Fitness Class (MWIM) 9:00 Level 1 Fitness Class (MWIM) 9:45 Arbor Place Exercises (Arbor) 10:30 Nordic Walking 1:00 Fitness Zone Class (FZ)	10	8:15 Level 3 Fitness Class (MWIM) 9:00 Level 2 Fitness Class (MWIM) 11:00 Fitness Zone Class (FZ) 1:00 Fitness Zone Class (FZ) 1:00 Level 1 Fitness Class (MWIM) 2:00 Fitness Zone Class (FZ) 3:00 Fitness Zone Class (FZ)	11	8:00 Level 2 Fitness Class (MWIM) 9:00 Level 1 Fitness Class (MWIM) 10:00 Arbor Place Exercises (Arbor)	12	8:15 Level 3 Fitness Class (MWIM) 9:00 Level 2 Fitness Class (MWIM) 10:00 Custom Care Exercises (CC Rec) 11:00 Dancercise (Comm. Rm.) 1:00 Level 1 Fitness Class (MWIM) 2:00 Fitness Zone Class (FZ) 3:00 Fitness Zone Class (FZ)	13	10:30 Arbor Place Exercises (Arbor)	14
15	8:15 Level 3 Fitness Class (MWIM) 9:00 Level 2 Fitness Class (MWIM) 10:00 Custom Care Exercises (CC Rec) 1:00 Level 1 Fitness Class (MWIM) 2:00 Fitness Zone Class (FZ) 3:00 Fitness Zone Class (FZ)	16	8:00 Level 2 Fitness Class (MWIM) 9:00 Level 1 Fitness Class (MWIM) 9:45 Arbor Place Exercises (Arbor) 10:30 Nordic Walking 1:00 Fitness Zone Class (FZ)	17	8:15 Level 3 Fitness Class (MWIM) 9:00 Level 2 Fitness Class (MWIM) 11:00 Fitness Zone Class (FZ) 1:00 Fitness Zone Class (FZ) 1:00 Level 1 Fitness Class (MWIM) 2:00 Fitness Zone Class (FZ) 3:00 Fitness Zone Class (FZ)	18	8:00 Level 2 Fitness Class (MWIM) 9:00 Level 1 Fitness Class (MWIM) 10:00 Arbor Place Exercises (Arbor)	19	8:15 Level 3 Fitness Class (MWIM) 9:00 Level 2 Fitness Class (MWIM) 10:00 Custom Care Exercises (CC Rec) 11:00 Dancercise (Comm. Rm.) 1:00 Level 1 Fitness Class (MWIM) 2:00 Fitness Zone Class (FZ) 3:00 Fitness Zone Class (FZ)	20	10:30 Arbor Place Exercises (Arbor)	21
22	8:15 Level 3 Fitness Class (MWIM) 9:00 Level 2 Fitness Class (MWIM) 10:00 Custom Care Exercises (CC Rec) 1:00 Level 1 Fitness Class (MWIM) 2:00 Fitness Zone Class (FZ) 3:00 Fitness Zone Class (FZ)	23	8:00 Level 2 Fitness Class (MWIM) 9:00 Level 1 Fitness Class (MWIM) 9:45 Arbor Place Exercises (Arbor) 10:30 Nordic Walking 1:00 Fitness Zone Class (FZ)	24	8:15 Level 3 Fitness Class (MWIM) 9:00 Level 2 Fitness Class (MWIM) 11:00 Fitness Zone Class (FZ) 11:30 Cooking Class Lunch (LLL) 1:00 Fitness Zone Class (FZ) 1:00 Level 1 Fitness Class (MWIM) 2:00 Fitness Zone Class (FZ) 3:00 Fitness Zone Class (FZ)	25	8:00 Level 2 Fitness Class (MWIM) 9:00 Level 1 Fitness Class (MWIM) 10:00 Arbor Place Exercises (Arbor)	26	8:15 Level 3 Fitness Class (MWIM) 9:00 Level 2 Fitness Class (MWIM) 10:00 Custom Care Exercises (CC Rec) 11:00 Dancercise (Comm. Rm.) 1:00 Level 1 Fitness Class (MWIM) 2:00 Fitness Zone Class (FZ) 3:00 Fitness Zone Class (FZ)	27	10:30 Arbor Place Exercises (Arbor)	28
29	8:15 Level 3 Fitness Class (MWIM) 9:00 Level 2 Fitness Class (MWIM) 10:00 Custom Care Exercises (CC Rec) 1:00 Level 1 Fitness Class (MWIM) 2:00 Fitness Zone Class (FZ) 3:00 Fitness Zone Class (FZ)	30	ROOM KEY Arbor - Arbor Place Comm. Rm. - Community Room CC Rec - Custom Care Recreation Room LLL - Live. Laugh. Learn. Center MWIM - Meth-Wick In Motion Center FZ - The Fitness Zone									

April 2018

Fitness Calendar

