

# April 2024

| SUNDAY  | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY  |
|---|--|---|--|--|--|-----------|
|   | <b>1</b><br>*7:45am TRX<br>8:30 SS Classic (Party Room)**<br>9am SS Circuit<br>10am Line Dance<br>5:30pm Power Hour  | <b>2</b><br>8:30am SS Classic(Party Room)**<br>9am SS Yoga<br>*6:45pm 20/20/20  | <b>3</b><br>*7:45am TRX<br>9:00am SS Classic<br>9am-12pm <i>Pickleball</i><br>*10am Senior Bowling<br>10am Beginner Line Dance<br>*5:15pm TRX  | <b>4</b><br>8:30 SS Classic (Party Room)**<br>9:00am SS Yoga<br>5:30pm Power Hour<br>*6:45pm 20/20/20  | <b>5</b><br>*7:45am TRX<br>8:30 SS Classic (Party Room)**<br>9:00am SS Circuit<br>9am-12pm <i>Pickleball</i><br>5pm-8pm <i>Pickleball</i>  | <b>6</b>  |
| <b>7</b>  | <b>8</b><br>*7:45am TRX<br>8:30 SS Classic (Party Room)**<br>9am SS Circuit<br>10am Line Dance<br>5:30pm Power Hour  | <b>9</b><br>8:30am SS Classic(Party Room)**<br>9am SS Yoga<br>*6:45pm 20/20/20  | <b>10</b><br>*7:45am TRX<br>9:00am SS Classic<br>9am-12pm <i>Pickleball</i><br>*10am Senior Bowling<br>10am Beginner Line Dance<br>*5:15pm TRX | <b>11</b><br>8:30 SS Classic (Party Room)**<br>9:00am SS Yoga<br>5:30pm Power Hour<br>*6:45pm 20/20/20 | <b>12</b><br>*7:45am TRX<br>8:30 SS Classic (Party Room)**<br>9:00am SS Circuit<br>9am-12pm <i>Pickleball</i><br>5pm-8pm <i>Pickleball</i> | <b>13</b> |
| <b>14</b><br><u>Fitness Room Hours:</u><br>M-F 5:30am-8:30pm<br>Sat. 7:00am-6:00pm<br>Sun. CLOSED | <b>15</b><br>*7:45am TRX<br>8:30 SS Classic (Party Room)**<br>9am SS Circuit<br>10am Line Dance<br>5:30pm Power Hour | <b>16</b><br>8:30am SS Classic(Party Room)**<br>9am SS Yoga<br>*6:45pm 20/20/20 | <b>17</b><br>*7:45am TRX<br>9:00am SS Classic<br>9am-12pm <i>Pickleball</i><br>*10am Senior Bowling<br>10am Beginner Line Dance<br>*5:15pm TRX | <b>18</b><br>8:30 SS Classic (Party Room)**<br>9:00am SS Yoga<br>5:30pm Power Hour<br>*6:45pm 20/20/20 | <b>19</b><br>*7:45am TRX<br>8:30 SS Classic (Party Room)**<br>9:00am SS Circuit<br>9am-12pm <i>Pickleball</i><br>5pm-8pm <i>Pickleball</i> | <b>20</b> |
| <b>21</b>   | <b>22</b><br>*7:45am TRX<br>8:30 SS Classic (Party Room)**<br>9am SS Circuit<br>10am Line Dance<br>5:30pm Power Hour | <b>23</b><br>8:30am SS Classic(Party Room)**<br>9am SS Yoga<br>*6:45pm 20/20/20 | <b>24</b><br>*7:45am TRX<br>9:00am SS Classic<br>9am-12pm <i>Pickleball</i><br>*10am Senior Bowling<br>10am Beginner Line Dance<br>*5:15pm TRX | <b>25</b><br>8:30 SS Classic (Party Room)**<br>9:00am SS Yoga<br>5:30pm Power Hour<br>*6:45pm 20/20/20 | <b>26</b><br>*7:45am TRX<br>8:30 SS Classic (Party Room)**<br>9:00am SS Circuit<br>9am-12pm <i>Pickleball</i><br>5pm-8pm <i>Pickleball</i> | <b>27</b> |
| <b>28</b>   | <b>29</b><br>*7:45am TRX<br>8:30 SS Classic (Party Room)**<br>9am SS Circuit<br>10am Line Dance<br>5:30pm Power Hour | <b>30</b><br>8:30am SS Classic(Party Room)**<br>9am SS Yoga<br>*6:45pm 20/20/20 |  |  |  |           |

\*\*SS Classic offered in place of Aquacise when weather/temperature does not allow for Aquacise.