

The Answer Fitness Classes & Events

April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Yoga Flow 8:00-9:00AM SilverSneakers Perfect Posture Yoga 9:00 – 9:30 AM TOPS 10 AM 	2 BOOM Muscle 8:55-9:25AM BOOM Move 9:30-10AM Beginner Pickle Ball 10:30 – 12:30 PM Girls Only Strength 5-6 PM	3 Yoga Flow 8:00-9:00 AM SilverSneakers Perfect Posture Yoga 9:00 – 9:30 AM Kid's Dance Classes 4 PM	4 BOOM Muscle 8:55-9:25AM BOOM Move 9:30-10AM Beginner Pickle Ball 10:30 – 12:30 PM TOPS 5:30 PM Girls Only Strength 5-6 PM	5	6
7	8 Yoga Flow 8:00-9:00AM SilverSneakers Perfect Posture Yoga 9:00 – 9:30 AM TOPS 10 AM	9 BOOM Muscle 8:55-9:25AM BOOM Move 9:30-10AM Beginner Pickle Ball 10:30 – 12:30 PM Girls Only Strength 5-6 PM	10 Yoga Flow 8:00-9:00 AM SilverSneakers Perfect Posture Yoga 9:00 – 9:30 AM Kid's Dance Classes 4 PM	11 BOOM Muscle 8:55-9:25AM BOOM Move 9:30-10AM Beginner Pickle Ball 10:30 – 12:30 PM TOPS 5:30 PM Girls Only Strength 5-6 PM	12	13
14	15 Yoga Flow 8:00-9:00AM SilverSneakers Perfect Posture Yoga 9:00 – 9:30 AM TOPS 10 AM	16 BOOM Muscle 8:55-9:25AM BOOM Move 9:30-10AM Beginner Pickle Ball 10:30 – 12:30 PM Girls Only Strength 5-6 PM	17 Yoga Flow 8:00-9:00 AM SilverSneakers Perfect Posture Yoga 9:00 – 9:30 AM Kid's Dance Classes 4 PM	18 BOOM Muscle 8:55-9:25AM BOOM Move 9:30-10AM Beginner Pickle Ball 10:30 – 12:30 PM TOPS 5:30 PM Girls Only Strength 5-6 PM	19	20
21	22 Yoga Flow 8:00-9:00AM SilverSneakers Perfect Posture Yoga 9:00 – 9:30 AM TOPS 10 AM	23 BOOM Muscle 8:55-9:25AM BOOM Move 9:30-10AM Beginner Pickle Ball 10:30 – 12:30 PM Girls Only Strength 5-6 PM	24 Yoga Flow 8:00-9:00 AM SilverSneakers Perfect Posture Yoga 9:00 – 9:30 AM	25 BOOM Muscle 8:55-9:25AM BOOM Move 9:30-10AM Beginner Pickle Ball 10:30 – 12:30 PM TOPS 5:30 PM Girls Only Strength 5-6 PM	26	27
28	29 Yoga Flow 8:00-9:00AM SilverSneakers Perfect Posture Yoga 9:00 – 9:30 AM TOPS 10 AM	30 BOOM Muscle 8:55-9:25AM BOOM Move 9:30-10AM Beginner Pickle Ball 10:30 – 12:30 PM Girls Only Strength 5-6 PM				

