

April Outdoor 2021 Fitness & Activity Schedule

MONDAYS

Senior Fit
8:30 - 9:15 a.m. **Irene**

Stretch & Flex
9:30—10:15 a.m. **Irene**

Tai Chi
10:30 - Noon **Russ**

Stability Ball Training
5:30 - 6:00 p.m. **Elena**



TUESDAYS

Senior Fit
8:30 - 9:15 a.m. **Irene**

Silver & Fit Excel
Strength/Cardio Class
10:30 - 11:15 a.m. **Gerry**

Puzzle Time
11:30 - 1:30 p.m.

Stability Ball Training
5:30 - 6:00 p.m. **Elena**

WEDNESDAYS

Senior Fit
8:30 - 9:15 a.m. **Irene**

Stretch & Flex
9:30—10:15 a.m. **Irene**

Tai Chi
10:30 - Noon **Russ**

Stability Ball Training
5:30 - 6:00 p.m. **Elena**



THURSDAYS

Senior Fit
8:30 - 9:15 a.m. **Irene**

Silver & Fit Excel
Strength/Cardio class
10:30 - 11:15 a.m. **Gerry**

Puzzle Time
11:30 - 1:30 p.m.

Stability Ball Training
5:30 - 6:00 p.m. **Elena**



FRIDAYS

NO CLASSES

COVID SAFETY RULES

***Classes will be held
outdoors ONLY**

- 1. Staff will check your temperature**
- 2. You will be asked to sign a waiver**
- 3. You must be socially distanced, 6-feet apart, at all times**
- 4. Please bring your own towel and water bottle**
- 5. Via to provide hand sanitizer**
- 6. Must complete Individual Sign-in Sheet w/ COVID questions**

Holiday Closure: Friday, April 2nd Good Friday/Easter