

# April 2019 Class Schedule & Events

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*Events, Videos, Photos, News, Happenings and more!*

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Functional Fitness 9:00,11:00,12:00</p> <p>Enhance Fitness 10:00</p> <p>Yoga 12:00</p>	<p>2 Functional Fitness 9:00,11:00,12:00</p> <p>Yoga 12:00</p>	<p>3 Functional Fitness 9:00,11:00,12:00</p> <p>Enhance Fitness 10:00</p> <p>Yoga 10:00</p>	<p>4 Functional Fitness 9:00,11:00,12:00</p> <p>Enhance Fitness 10:00</p> <p>Yoga 10:00,12:00</p>	<p>5 Functional Fitness 9:00,11:00,12:00</p> <p>Enhance Fitness 10:00</p> <p>Yoga 10:00</p>
<p>8 Functional Fitness 9:00,11:00,12:00</p> <p>Enhance Fitness 10:00</p> <p>Yoga 12:00</p>	<p>9 Functional Fitness 9:00,11:00,12:00</p> <p>Yoga 12:00</p> <p><b>Introduction to Foam Rolling 10:15-10:45</b></p>	<p>10 Functional Fitness 9:00,11:00,12:00</p> <p>Enhance Fitness 10:00</p> <p>Yoga 10:00</p>	<p>11 Functional Fitness 9:00,11:00,12:00</p> <p>Yoga 10:00,12:00</p>	<p>12 Functional Fitness 9:00,11:00,12:00</p> <p>Enhance Fitness 10:00</p> <p>Yoga 10:00</p>
<p>15 Functional Fitness 9:00,11:00,12:00</p> <p>Enhance Fitness 10:00</p> <p>Yoga 12:00</p>	<p>16 Functional Fitness 9:00,11:00,12:00</p> <p>Yoga 12:00</p> <p><b>Guest Speaker: 10:00</b> <b>Judith Gammonley</b> <b>APRN,B.C, Ed.D</b> <b>"Bladder Wellness"</b></p>	<p>17 Functional Fitness 9:00,11:00,12:00</p> <p>Enhance Fitness 10:00</p> <p>Yoga 10:00</p>	<p>18 Functional Fitness 9:00,11:00,12:00</p> <p>Yoga 10:00,12:00</p> <p>Nutrition Essentials 10:00, 11:00</p>	<p>19 Functional Fitness 9:00,11:00,12:00</p> <p>Enhance Fitness 10:00</p> <p>Yoga 10:00</p>
<p>22 Functional Fitness 9:00,11:00,12:00</p> <p>Enhance Fitness 10:00</p> <p>Yoga 12:00</p>	<p>23 Functional Fitness 9:00,11:00,12:00</p> <p>Yoga 12:00</p>	<p>24 Functional Fitness 9:00,11:00,12:00</p> <p>Enhance Fitness 10:00</p> <p>Yoga 10:00</p>	<p>25 Functional Fitness 9:00,11:00,12:00</p> <p>Yoga 9:00</p> <p><b>"Hats off!" Luncheon 11:30</b> <b>Registration required</b></p>	<p>26 Functional Fitness 9:00,11:00,12:00</p> <p>Enhance Fitness 10:00</p> <p>Yoga 10:00</p>
<p>29 Functional Fitness 9:00,11:00,12:00</p> <p>Yoga 12:00</p>	<p>30 Functional Fitness 9:00,11:00,12:00</p> <p>Yoga 12:00</p> <p><b>"Your Life, Your Weigh!"</b> Follow up/discussion Session-5:00pm</p>			