April 2019 – Group Movement Classes

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 **8:45-9:30** T'ai Chi **10:00-11:00** Vigor Tone **11:15-12:15** Line Dancing* **5:30-6:15** Let's Move	**2** **9:15-10:15** Circuit **10:30-11:00** Stretching **11:15-12:00** T'ai Chi & Qigong	**3** **8:45-9:30** Qigong **10:00-11:00** Vigor Tone **11:15-12:15** Line Dancing* **5:30-6:15** Let's Move **6:30-7:30** Yoga	**4** **9:15-10:15** Circuit **10:30-11:00** Stretching **11:15-12:00** T'ai Chi & Qigong **5:00-5:30** Step	**5** **8:45-9:30** T'ai Chi **10:00-11:00** Vigor Tone	**6** No Yoga Class today.
7	**8** **8:45-9:30** T'ai Chi **10:00-11:00** Vigor Tone **11:15-12:15** Line Dancing* **5:30-6:15** Let's Move	**9** **9:15-10:15** Circuit **10:30-11:00** Stretching **11:15-12:00** T'ai Chi & Qigong	**10** **8:45-9:30** Qigong **10:00-11:00** Vigor Tone **11:15-12:15** Line Dancing* **5:30-6:15** Let's Move **6:30-7:30** Yoga	**11** **9:15-10:15** Circuit **10:30-11:00** Stretching **11:15-12:00** T'ai Chi & Qigong **5:00-5:30** Step	**12** **8:45-9:30** T'ai Chi – DVD **10:00-11:00** Vigor Tone	**13** No Yoga Class today.
14	**15** **8:45-9:30** T'ai Chi – Julie **10:00-11:00** Vigor Tone **11:15-12:15** Line Dancing* **5:30-6:15** Let's Move	**16** **9:15-10:15** Circuit **10:30-11:00** Stretching **11:15-12:00** T'ai Chi & Qigong	**17** **8:45-9:30** T'ai Chi – Heather **10:00-11:00** Vigor Tone **11:15-12:15** Line Dancing* **5:30-6:15** Let's Move **6:30-7:30** Yoga	**18** **9:15-10:15** Circuit **10:30-11:00** Stretching **11:15-12:00** T'ai Chi & Qigong **5:00-5:30** Step	**19** **8:45-9:30** T'ai Chi **10:00-11:00** Vigor Tone	**20** **9:30-10:30** Yoga
21	**22** **8:45-9:30** T'ai Chi **10:00-11:00** Vigor Tone **11:15-12:15** Line Dancing* **5:30-6:15** Let's Move	**23** **9:15-10:15** Circuit **10:30-11:00** Stretching **11:15-12:00** T'ai Chi & Qigong	**24** **8:45-9:30** Qigong **10:00-11:00** Vigor Tone **11:15-12:15** Line Dancing* **5:30-6:15** Let's Move **6:30-7:30** Yoga	**25** **9:15-10:15** Circuit **10:30-11:00** Stretching **11:15-12:00** T'ai Chi & Qigong **5:00-5:30** Step	**26** **8:45-9:30** T'ai Chi **10:00-11:00** Vigor Tone	**27** No Yoga Class today.
28	**29** **8:45-9:30** T'ai Chi **10:00-11:00** Vigor Tone **11:15-12:15** Line Dancing* **5:30-6:15** Let's Move	**30** **9:15-10:15** Circuit **10:30-11:00** Stretching **11:15-12:00** T'ai Chi & Qigong	*** LINE DANCING UPDATE *** The first 15 minutes of class will be Introduction to Line Dancing! If you've always wanted to try it, please join us!!!		 Line Dancing	