

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



April 2021

HYGEIA FITNESS & AQUATICS

				8:00 Yoga (CDR) 1 9:30 Aqua Cardio (P) 11:00 Aqua Personal Training (P) 11:45 Water Personal Training (P) 1:00 Land Fit (OC)	8:15 Tai Chi (OC) 2 9:00 Aqua Fit (P) 10:00 Aqua Fit (P) 11:30 Personal Training (H) 1:00 Chair Strength (CDR) 2:00 Hygeia Orientation (H)	3
Easter Sunday	4 8:15 Tai Chi (OC) 9:00 Aqua Fit (P) 10:00 Aqua Fit (P) 11:30 Personal Training (H) 2:00 Live It Group! (OC)	5 8:00 Yoga (CDR) 10:00 Aqua Cardio (P) 11:00 Aqua Personal Training (P) 11:45 Water Personal Training (P) 1:00 Land Fit (OC)	6 8:15 Tai Chi (OC) 9:00 Aqua Fit (P) 10:00 Aqua Fit (P) 11:30 Personal Training (H) 1:00 Chair Strength (CDR) 2:00 Walking Group (H)	All Fools' Day 7 8:00 Yoga (CDR) 9:30 Aqua Cardio (P) 11:00 Aqua Personal Training (P) 11:45 Water Personal Training (P) 1:00 Land Fit (OC)	Good Friday 8 8:15 Tai Chi (OC) 9 9:00 Aqua Fit (P) 10:00 Aqua Fit (P) 11:30 Personal Training (H) 1:00 Chair Strength (CDR)	10
	11 8:15 Tai Chi (OC) 9:00 Aqua Fit (P) 10:00 Aqua Fit (P) 11:30 Personal Training (H) 2:00 Live It Group! (OC)	Ramadan Begins 12 8:00 Yoga (CDR) 10:00 Aqua Cardio (P) 11:00 Aqua Personal Training (P) 11:45 Water Personal Training (P) 1:00 Land Fit (OC)	13 8:15 Tai Chi (OC) 9:00 Aqua Fit (P) 10:00 Aqua Fit (P) 11:30 Personal Training (H) 1:00 Chair Strength (CDR) 2:00 Walking Group (H)	14 8:00 Yoga (CDR) 9:30 Aqua Cardio (P) 11:00 Aqua Personal Training (P) 11:45 Water Personal Training (P) 1:00 Land Fit (OC)	15 8:15 Tai Chi (OC) 16 9:00 Aqua Fit (P) 10:00 Aqua Fit (P) 11:30 Personal Training (H) 1:00 Chair Strength (CDR)	17
	18 8:15 Tai Chi (OC) 9:00 Aqua Fit (P) 10:00 Aqua Fit (P) 11:30 Personal Training (H) 2:00 Live It Group! (OC)	19 8:00 Yoga (CDR) 10:00 Aqua Cardio (P) 11:00 Aqua Personal Training (P) 11:45 Water Personal Training (P) 1:00 Land Fit (OC)	20 8:15 Tai Chi (OC) 9:00 Aqua Fit (P) 10:00 Aqua Fit (P) 11:30 Personal Training (H) 1:00 Chair Strength (CDR) 2:00 Walking Group (H)	21 8:00 Yoga (CDR) 9:30 Aqua Cardio (P) 11:00 Aqua Personal Training (P) 11:45 Water Personal Training (P) 1:00 Land Fit (OC)	22 8:15 Tai Chi (OC) 23 9:00 Aqua Fit (P) 10:00 Aqua Fit (P) 11:30 Personal Training (H) 1:00 Chair Strength (CDR)	24
	25 8:15 Tai Chi (OC) 9:00 Aqua Fit (P) 10:00 Aqua Fit (P) 11:30 Personal Training (H) 2:00 Live It Group! (OC)	26 8:00 Yoga (CDR) 10:00 Aqua Cardio (P) 11:00 Aqua Personal Training (P) 11:45 Water Personal Training (P) 1:00 Land Fit (OC)	27 8:15 Tai Chi (OC) 9:00 Aqua Fit (P) 10:00 Aqua Fit (P) 11:30 Personal Training (H) 1:00 Chair Strength (CDR) 2:00 Walking Group (H)	28 8:00 Yoga (CDR) 9:30 Aqua Cardio (P) 11:00 Aqua Personal Training (P) 11:45 Water Personal Training (P) 1:00 Land Fit (OC)	29 8:15 Tai Chi (OC) 30 9:00 Aqua Fit (P) 10:00 Aqua Fit (P) 11:30 Personal Training (H) 1:00 Chair Strength (CDR)	Arbor Day <p style="text-align: center;">Make sure to participate in this month's Fitness Campaign: ACTIVE APRIL</p>