

# April 2010

## EXERCISE SCHEDULE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 12:45-1:30 Tai Chi	2 10-10:30 STRETCH	3 10—11 Safe on Feet DVD
4	5 10-10:30 STRETCH 1-2 YOGA	6 10-10:45 Group Training (paid class)	7 10—10:30 STRETCH 10:30-11 Line Dancing	8 10-10:45 Group Training 12:45-1:30 Tai Chi	9 10—10:30 STRETCH	10 10—11 Safe on Feet DVD
11	12 10-10:30 STRETCH 1-2 YOGA	13 10-10:45 Group Training (paid class)	14 10—10:30 STRETCH 10:30-11 Line Dancing	15 10-10:45 Group Training 12:45-1:30 Tai Chi	16 10—10:30 STRETCH	17 10—11 Safe on Feet DVD
18	19 10-10:30 STRETCH 1-2 YOGA	20 10-10:45 Group Training (paid class)	21 10—10:30 STRETCH 10:30-11 Line Dancing	22 10-10:45 Group Training 12:45-1:30 Tai Chi	23 10—10:30 STRETCH	24 10—11 Safe on Feet DVD
25	26 10-10:30 STRETCH 1-2 YOGA	27 10-10:45 Group Training (paid class)	28 10—10:30 STRETCH 10:30-11 Line Dancing	29 10-10:45 Group Training 12:45-1:30 Tai Chi	30 10—10:30 STRETCH	

Classes are held in the Sullivan Theater. Saturday DVD in Sullivan Theater. Instructors: James Lusk, Diana Del Garbino, Lucie Flood. Questions: 503-496-3715