

Forever Fit Group Fitness

April 2011

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Strength & Balance 12:00-Wendy Aqua Move & Mingle 12:00
4 Zumba Gold 12:00-Jessica Aqua Move & Mingle 12:00	5 Yoga Mat 11:00-Nancy Strength & Balance 12:00-Nancy	6 Cardio Lo & Strength 12:00-Claire Aqua Move & Mingle 12:00	7 Yoga Chair 12:00-Claire	8 Strength & Balance 12:00-Nancy Aqua Move & Mingle 12:00
11 COUNTRY LINE DANCING 12:00-Wendy Aqua Move & Mingle 12:00	12 Yoga Mat 11:00-Nancy Strength & Balance 12:00-Nancy	13 Fitness Circuit 12:00-Cyndi Aqua Move & Mingle 12:00	14 Yoga Chair 12:00-Sue	15 Strength & Balance 12:00-Wendy Aqua Move & Mingle 12:00
18 Zumba Gold 12:00-Jessica Aqua Move & Mingle 12:00	19 Yoga Mat 11:00-Nancy Strength & Balance 12:00-Nancy	20 Cardio Lo & Strength 12:00-Claire Aqua Move & Mingle 12:00	21 Yoga Chair 12:00-Sue	22 Strength & Balance 12:00-Wendy Aqua Move & Mingle 12:00
25 Zumba Gold 12:00-Jessica Aqua Move & Mingle 12:00	26 Yoga Mat 11:00-Roque Strength & Balance 12:00-Wendy	27 COUNTRY LINE DANCING 12:00-Wendy Aqua Move & Mingle 12:00	28 Yoga Chair 12:00-Sue	29 Strength & Balance 12:00-Wendy Aqua Move & Mingle 12:00

Other Forever Fit/Senior Classes & Activities

Co-Ed Wallyball Mon, Weds, Fri 10:30

Arthritis Aquatics Mon, Weds, Fri 8:00

Ladies Only Wallyball Thurs 10:30
Hampshire Hills members only

Strength For Seniors
Meets twice a week/various days and times
Additional fee

Special Class! **Group Walk**
Mondays at Noon
April 18-June 13

New! **Pickleball**
Tuesdays 9-11am
Starts April 26



Wendy Mace
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