

# APRIL 2019

Mon	Tue	Wed	Thu	Fri	
1	2	3	4	5	<p><b>INSTRUCTORS:</b> (SEE BELOW)</p> <p><b>Cathy Kumar</b> Registered Yoga Teacher Yoga Alliance/ M.S. in Health &amp; Wellness Promotion</p> <p><b>Tabby Horvath</b> ACE Certified Group Fitness Instructor /M.S. Human Wellness</p>
<p><b>Kickboxing</b> 9:30a-10:30a Instructor: Tabby</p> <p><b>Yoga</b> 5:30p-7:00p Instructor: Cathy</p>	<p><b>Yoga</b> 9:30a-10:30a Instructor: Tabby</p>	<p><b>Total Body in Ten</b> (A TEN EXERCISE CIRCUIT HITTING ALL MAJOR MUSCLE GROUPS) 9:30a-10:15a Instructor: Tabby</p>	<p><b>Yoga</b> 9:30a-10:30a Instructor: Tabby</p> <p><b>Spunky Seniors Chair Aerobics:</b> 1:00-1:30p Instructor: Tabby</p>	<p><b>TBC:</b> <b>TOTAL BODY CONDITIONING</b> 9:30a-10:30a Instructor: Tabby</p>	
8	9	10	11	12	
<p><b>Kickboxing</b> 9:30a-10:30a Instructor: Tabby</p> <p><b>Yoga</b> 5:30p-7:00p Instructor: Cathy</p>	<p><b>Yoga</b> 9:30a-10:30a Instructor: Tabby</p>	<p><b>Total Body in Ten</b> 9:30a-10:15a Instructor: Tabby</p>	<p><b>Yoga</b> 9:30a-10:30a Instructor: Tabby</p> <p><b>Spunky Seniors Chair Aerobics:</b> 1:00-1:30p Instructor: Tabby</p>	<p><b>TBC:</b> <b>TOTAL BODY CONDITIONING</b> 9:30a-10:30a Instructor: Tabby</p>	
15	16	17	18	19	
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22	23	24	25	26	
<p><b>Kickboxing</b> 9:30a-10:30a Instructor: Tabby</p> <p><b>Yoga</b> 5:30p-7:00p Instructor: Cathy</p>	<p><b>Yoga</b> 9:30a-10:30a Instructor: Tabby</p>	<p><b>Total Body in Ten</b> 9:30a-10:15a Instructor: Tabby</p>	<p><b>Yoga</b> 9:30a-10:30a Instructor: Tabby</p> <p><b>Spunky Seniors Chair Aerobics:</b> 1:00-1:30p Instructor: Tabby</p>	<p><b>TBC:</b> <b>TOTAL BODY CONDITIONING</b> 9:30a-10:30a Instructor: Tabby</p>	
29	30				
<p><b>Kickboxing</b> 9:30a-10:30a Instructor: Tabby</p> <p><b>YOGA CANCELLED!!</b></p>	<p><b>Yoga</b> 9:30a-10:30a Instructor: Tabby</p>				