



# April 2024 Fitness Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 20-20-20 8:30am Adv. Silver Sneakers 10:30am Tabata 5:30pm	2 Stability and Stretch 8:30am	3 Walk for Health 9am Adv. Silver Sneakers 10:30a Cardio Drumming 6:30pm Track Fitness 6:30pm	4 Step and Strength 6:30pm	5 Gentle Yoga 9:30am	6
7	8 20-20-20 8:30am Adv. Silver Sneakers 10:30am Tabata 5:30pm	9 Stability and Stretch 8:30am Silver Sneakers 10:30am	10 Walk for Health 9am Adv. Silver Sneakers 10:30a Cardio Drumming 6:30pm Track Fitness 6:30pm	11 Silver Sneakers 10:30am Step and Strength 6:30pm	12 Gentle Yoga 9:30 am	13
14	15 20-20-20 8:30am Adv. Silver Sneakers 10:30am Tabata 5:30pm	16 Stability and Stretch 8:30am Silver Sneakers 10:30am	17 Walk for Health 9am Adv. Silver Sneakers 10:30a Cardio Drumming 6:30pm Track Fitness 6:30pm	18 Silver Sneakers 10:30am Step and Strength 6:30pm	19 Gentle Yoga 9:30am	20
21	22	23 Silver Sneakers 10:30am	24 Cardio Drumming 6:30pm	25 Silver Sneakers 10:30am Step and Strength 6:30pm	26 Gentle Yoga 9:30am	27
28	29 20-20-20 8:30am Adv. Silver Sneakers 10:30am Tabata 5:30pm	30 Silver Sneakers 10:30am				

Flat Rock Community Center reserves the ability to change this schedule as needed.