

April 2026 Fitness & Wellness Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 8:00 Gentle Yoga (GF) 8:30 Low Go Cardio (GF) 9:00 A.M. Tai Chi (GF) 11:00 Staying Strong (GF) 3:00 Line Dancing (GF)	7 8:30 Morning Flex (GF) 9:15 Balance Plus (GF) 10:00 Sit and Fit (GF)	8 8:30 Low Go Cardio (GF) 9:00 A.M. Tai Chi (GF) 11:00 Staying Strong (GF) 3:00 Clogging 101 (GF)	9 8:30 Morning Flex (GF) 9:15 Balance Plus (GF) 10:00 Sit and Fit (GF)	10 8:30 Low Go Cardio (GF) 9:00 A.M. Tai Chi (GF) 11:00 Staying Strong (GF)
13 8:30 Low Go Cardio (GF) 9:00 A.M. Tai Chi (GF) 11:00 Staying Strong (GF) 3:00 Line Dancing (GF)	14 8:30 Morning Flex (GF) 9:15 Balance Plus (GF) 10:00 Sit and Fit (GF)	15 8:30 Low Go Cardio (GF) 9:00 A.M. Tai Chi (GF) 11:00 Staying Strong (GF) 3:00 Clogging 101 (GF)	16 8:30 Morning Flex (GF) 9:15 Balance Plus (GF) 10:00 Sit and Fit (GF)	17 8:30 Low Go Cardio (GF) 9:00 A.M. Tai Chi (GF) 11:00 Staying Strong (GF)
20 8:00 Gentle Yoga (GF) 8:30 Low Go Cardio (GF) 9:00 A.M. Tai Chi (GF) 11:00 Staying Strong (GF) 3:00 Line Dancing (GF)	21 8:30 Morning Flex (GF) 9:15 Balance Plus (GF) 10:00 Sit and Fit (GF) 1:30 Chair Yoga (GF)	22 8:00 Gentle Yoga (GF) 8:30 Low Go Cardio (GF) 9:00 A.M. Tai Chi (GF) 11:00 Staying Strong (GF) 3:00 Clogging 101 (GF)	23 8:30 Morning Flex (GF) 9:15 Balance Plus (GF) 10:00 Sit and Fit (GF) 1:30 Chair Yoga (GF)	24 8:30 Low Go Cardio (GF) 9:00 A.M. Tai Chi (GF) 11:00 Staying Strong (GF)
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P - Pool GF - Group Fitness Room AR - Activity Room A G - Gym * - Approval Needed
 Class times and locations subject to change

April Fitness & Wellness News

Walk at Amerson River Park & lunch at Grow Thursday, April 2nd at 9:30 a.m.

Join Cele and Jai for a springtime walk at Amerson River Park. This walk is for all fitness levels and allows you to walk at your own pace. Be sure and check out the Butterfly and Native plant garden near the playground. After the walk, the group will go to Grow for a delicious lunch. This restaurant specializes in fresh food made with love and local ingredients.

Sign up on the Uniguest App

The Body's Secret Web: Unraveling Fascia & Stiffness Monday, April 27th 1:30 p.m. in the Grande

Your muscles feel stiff and sore. You have difficulty bending or reaching for items. Are your muscles to blame or is there something else involved? Or is it just because you are getting older? Join Patti for an informative session on the Body's Secret Web. Learn some simple changes you can integrate into your daily routine to improve your quality of life.

Sign up on the Uniguest App

Please feel free to discuss fitness and/or wellness questions, comments, concerns, or suggestions with us.

We value your feedback and look forward to hearing from you!

Patti Kunselman, Wellness Manager, 405-4566 Jaichelle Thomas, Fitness Assistant, 405-4532