

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><u>Open Swim hours with Grace-</u></p> <p>Mon & Tues at 11am Wednesdays at 3pm Fridays at 11am</p>	<p>1. 8am - Self-Led Water Exercise Group 9am - Water Exercise with Grace 10am - Yoga with Deborah PAC/ WPTV 11am - Open swim w/ Grace</p>	<p>2. 9am - Self-Led Water Exercise Group 9am – Balance & Strength w/ Grace – PAC/ WPTV 10am – Seated Stretch Bands with Grace– PAC/WPTV 11am - Movement/Music & You with Nora – PAC only 11am– Open swim w/ Grace</p>	<p>3. 9am – Water Exercise with Grace 10am – Yoga with Deborah WPTV Only 11am – Tai Chi with Grace– PAC/ WPTV 3pm– Open swim w/ Grace</p>	<p>4 9 am – Self-Led Water Exercise Group 9am – Balance & Strength with Grace– PAC/ WPTV 10am– Seated Strength w/ Bands w/Grace– PAC/ WPTV 1pm - Walk with Grace –L</p>	<p>5 9am –Water Exercise with Grace 10 am –Yoga with Deborah - PAC/WPTV 11 a.m. Open Swim with Grace</p>	
<p>7</p> <p>Grace is away on vacation Wednesday, April 10 - Friday April 19</p>	<p>8 8am – Self-Led Water Exercise Group 9am – Water Exercise with Grace 10am – Yoga with Deborah PAC/ WPTV 11am - Open swim w/ Grace</p>	<p>9 9am – Self-Led Water Exercise Group 9am – Balance & Strength with Grace– PAC/ WPTV 10am – Seated Stretch Bands with Grace– PAC/WPTV 11am - Movement/Music & You with Nora – PAC only 11am– Open swim w/ Grace</p>	<p>10 9am – Water Exercise 10am – Yoga with Deborah WPTV Only 11am – Chair Yoga &Balance with Grace – WPTV only No exercise with Grace</p>	<p>11 9am– Self-Led Water Exercise Group 9am – Balance & Strength with Grace– WPTV only 10am – Seated Strength w/ Bands with Grace– WPTV only No exercise with Grace</p>	<p>12 9am–Water Exercise 10 am –Yoga with Deborah - PAC/WPTV No exercise with Grace</p>	<p>13</p>
<p>14</p>	<p>15 8am – Self-Led Water Exercise Group 9am– Water Exercise 10am Yoga with Deborah- PAC/ WPTV No exercise with Grace</p>	<p>16 9am– Self-Led Water Exercise Group 9am – Balance & Strength w/ Grace – WPTV only 10am – Seated Stretch Bands w/ Grace– WPTV only 11am - Movement/Music & You with Nora – PAC only No exercise with Grace</p>	<p>17 9am – Water Exercise 10am – Yoga with Deborah WPTV Only 11am – Chair Yoga &Balance with Grace – WPTV only No exercise with Grace</p>	<p>18 9am– Self-Led Water Exercise Group 9am – Balance & Strength w/ Grace– WPTV only 10am– Seated Strength w/ Bands with Grace– WPTV only No exercise with Grace</p>	<p>19 9am – Water Exercise 10 am –Yoga with Deborah - PAC/WPTV No exercise with Grace</p>	<p>20</p>
<p>21</p>	<p>22 8am – Self-Led Water Exercise Group 9am – Water Exercise with Grace 10am– Yoga with Deborah PAC/ WPTV 11am - Open swim w/ Grace</p>	<p>23 9am– Self-Led Water Exercise Group 9am – Balance & Strength with Grace– PAC/ WPTV 10am – Seated Stretch Bands with Grace– PAC/WPTV 11am - Movement/Music & You with Nora – PAC only 11am– Open swim w/ Grace</p>	<p>24 9am – Water Exercise with Grace 10am – Yoga with Deborah WPTV Only 11am – Chair Yoga &Balance w/Grace– PAC/ WPTV 3pm– Open swim w/ Grace</p>	<p>25 9am– Self-Led Water Exercise Group 9am – Balance & Strength with Grace– PAC/ WPTV 10am– Seated Strength w/ Bands with Grace– PAC/ WPTV 2pm – Tai Chi w/Grace– PAC</p>	<p>26 9am–Water Exercise with Grace 10 am –Yoga with Deborah - PAC/WPTV 11 a.m. Open Swim with Grace 1:30pm- Fitness Center Workshop w/ Grace</p>	<p>27</p>
<p>28</p>	<p>29 8am – Self-Led Water Exercise Group 9am – Water Exercise with Grace 10am – Yoga with Deborah PAC/ WPTV 11am - Open swim w/ Grace</p>	<p>30 9am– Self-Led Water Exercise Group 9am – Balance & Strength with Grace– PAC/ WPTV 10am – Seated Stretch Bands with Grace– PAC/WPTV 11am - Movement/Music & You with Nora – PAC only 11am– Open swim w/ Grace</p>	<p style="text-align: center;">April 2024 Fitness Classes</p> 			