GLEN EDDY LAND & AQUA FITNESS SCHEDULE April 1 2014 - April 30 2014

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Balance & Tone [Y] 8:45-9:30am Edison Room Lisa	**Strength & Core [Y]** 8:45-9:30am Edison Room Chandra		**Balance & Agility [Y]** 8:45-9:30am Edison Room Chandra **No Class 4/3**	**Strength Circuit [Y]** 8:45-9:30am Edison Room Chandra **No Class 4/11**	
Osteoporosis [Y] 10:00-11:00am Edison Room Sue	**Aqua Tone (B)** 10:00-10:40am Pool Chandra	**Osteoporosis [Y]** 10:00-11:00am Edison Room Sue	**Aqua Tone (B)** 10:00-10:40am Pool Chandra **No Class 4/3**	**Gentle Yoga [Y]** 10:00-10:40am Edison Room Chandra **No Class 4/11**	**Aqua Tone (B)** 10:00-10:40am Pool Lisa **No Class 4/12**
Nutrition & Wellness Connection Class Gluten & Food Allergies Edison Room 2:00pm Carly **14-Apr**	**Weights 101 [R]** 11:00-11:40am Union Room Chandra		**Body Balance [R]** 11:00-11:40am Union Room Chandra	**Weights 101 [R]** 11:00-11:40am Union Room Chandra **No Class 4/4**	
Nutrition & Wellness Connection Class Gluten & Food Allergies Union Room 2:00pm Carly **28-Apr**	**Wellness Center Orientations** 1:00 - 2:00pm Wellness Center A&B Chandra **29-Apr**		**Zumba Gold ® [Y]** 3:45-4:30pm Edison Room Chandra **April 3,17**		

Glen Eddy
Distinctive Senior Living and Enriched Housing Community

Monthly Notes and Changes

SPRING IS IN THE AIR

EmpowerU Nutrition & Wellness Connection Class " Gluten & Food Allergies "

April 14th 2:00pm Edison Room - April 28th 2:00pm Union Room

All color codes for fitness classes are as follows

(R) Red classes (B) Blue classes (Y) Yellow classes

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IT'S YOU. LIVING AT YOUR BEST.