

## Monday's;

Elders Chair Yoga: 9:15 am - 10:00 am  
 Yoga: 6:00 pm - 6:45 pm  
 Zumba: 6:00 pm - 7:00 pm  
 Game Room: 3:00 pm - 6:30 pm  
 Open Gym 3:00 pm - 8:00 pm  
 Weight Room: 8:00 am - 8:00 pm

## Tuesday's;

Karate Little Dragons : 5:45 pm - 6:15 pm  
 Karate Ninja Warriors: 6:15 pm - 7:00 pm  
 Wellness Center Circuit Training : 5:45 pm - 6:45 pm  
 Game Room: 3:00 pm - 6:30 pm  
 Open Gym 3:00 pm - 8:00 pm  
 Weight Room: 8:00 am - 8:00 pm

## Wednesday's;

Elders Chair Yoga: 9:15 am - 10:00 am  
 Zumba: 6:00 pm - 7:00 pm  
 Game Room: 3:00 pm - 6:30 pm  
 Open Gym 3:00 pm - 8:00 pm  
 Weight Room: 8:00 am - 8:00 pm

## Thursday's;

Karate Little Dragons : 5:45 pm - 6:15 pm  
 Karate Ninja Warriors: 6:15 pm - 7:00 pm  
 Wellness Center Circuit Training : 5:45 pm - 6:45 pm  
 Game Room: 3:00 pm - 6:30 pm  
 Open Gym 3:00 pm - 8:00 pm  
 Weight Room: 8:00 am - 8:00 pm

# - April 2018 -

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Zumba Open Gym Weight Room	3 Circuit Training Open Gym Weight Room	4 Zumba Game Room Open Gym Weight Room	5 CLOSED	6 Weight Room	7
8	9 Zumba Game Room Open Gym Weight Room	10 Circuit Training Game Room Open Gym Weight Room	11 Zumba Game Room Open Gym Weight Room	12 Circuit Training Game Room Open Gym Weight Room	13 Weight Room	14
15	16 Elders Chair Yoga Yoga Zumba Game Room Open Gym Weight Room	17 Karate Little Dragons Karate Ninja Warriors Circuit Training Game Room Open Gym Weight Room	18 Elders Chair Yoga Zumba Game Room Open Gym Weight Room	19 Karate Little Dragons Karate Ninja Warriors Circuit Training Game Room Open Gym Weight Room	20 Weight Room	21
22	23 Elders Chair Yoga Yoga Zumba Game Room Open Gym Weight Room	24 Karate Little Dragons Karate Ninja Warriors Circuit Training Game Room Open Gym Weight Room	25 Elders Chair Yoga Zumba Game Room Open Gym Weight Room	26 Karate Little Dragons Karate Ninja Warriors Circuit Training Game Room Open Gym Weight Room	27 Weight Room	28
29	30 Elders Chair Yoga Yoga Zumba Game Room Open Gym Weight Room					

*Vah Ki Recreation (520) 315-3441*