



# April

## Elders Fitness Community Classes

If you have any questions or concerns call  
The Wellness Center @ 520-562-2026

\*Class dates and times may vary and/or change\*

Monday Lunas	Tuesday Gok Thash	Wednesday Vaik Thash	Thursday Giik Thash
<p><u>2</u> Matter of Balance 9am-10am @ D4</p> <p>Elder Fitness 1pm - 2pm @ D5</p> <p>Stretch, Flex &amp; Tone 9:30am - 10:30am @ D6</p> <p>Stretch, Flex &amp; Tone 9am - 10am @ D7</p>	<p><u>3</u> Matter of Balance 12pm-1pm @ D3 Service Center</p> <p>Chair Zumba 9am-10am @ D4 Service Center</p> <p>Water Aerobics 9:30am-10:30am @ D6 Service Center</p>	<p><u>4</u> Matter of Balance 9am-10am @ D7 Multi-Purpose Building</p>	<p><u>5</u> Chair Zumba 8:45am-9:45am @ D3 Service Center</p> <p>Elder Fitness 10am-11am @ D5 Multi-Purpose Building</p>
<p><u>9</u> Matter of Balance 9am-10am @ D4</p> <p>Elder Fitness 1pm - 2pm @ D5</p> <p>Stretch, Flex &amp; Tone 9:30am - 10:30am @ D6</p> <p>Stretch, Flex &amp; Tone 9am - 10am @ D7</p>	<p><u>10</u> Matter of Balance 12pm-1pm @ D3 Service Center</p> <p>Chair Zumba 9am-10am @ D4 Service Center</p> <p>Water Aerobics 9:30am-10:30am @ D6 Service Center</p>	<p><u>11</u> Matter of Balance 9am-10am @ D7 Multi-Purpose Building</p>	<p><u>12</u> Chair Zumba 8:45am-9:45am @ D3 Service Center</p> <p>Elder Fitness 10am-11am @ D5 Multi-Purpose Building</p>
<p><u>16</u> Matter of Balance 9am-10am @ D4</p> <p>Elder Fitness 1pm - 2pm @ D5</p> <p>Stretch, Flex &amp; Tone 9:30am - 10:30am @ D6</p> <p>Stretch, Flex &amp; Tone 9am - 10am @ D7</p>	<p><u>17</u> Matter of Balance 12pm-1pm @ D3 Service Center</p> <p>Chair Zumba 9am-10am @ D4 Service Center</p> <p>Water Aerobics 9:30am-10:30am @ D6 Service Center</p>	<p><u>18</u> Matter of Balance 9am-10am @ D7 Multi-Purpose Building</p>	<p><u>19</u> Chair Zumba 8:45am-9:45am @ D3 Service Center</p> <p>Elder Fitness 10am-11am @ D5 Multi-Purpose Building</p>
<p><u>23</u> Matter of Balance 9am-10am @ D4</p> <p>Elder Fitness 1pm - 2pm @ D5</p> <p>Stretch, Flex &amp; Tone 9:30am - 10:30am @ D6</p> <p>Stretch, Flex &amp; Tone 9am - 10am @ D7</p>	<p><u>24</u> Matter of Balance 12pm-1pm @ D3 Service Center</p> <p>Chair Zumba 9am-10am @ D4 Service Center</p> <p>Water Aerobics 9:30am-10:30am @ D6 Service Center</p>	<p><u>25</u> Matter of Balance 9am-10am @ D7 Multi-Purpose Building</p>	<p><u>26</u> Chair Zumba 8:45am-9:45am @ D3 Service Center</p> <p>Elder Fitness 10am-11am @ D5 Multi-Purpose Building</p>
<p><u>30</u> Matter of Balance 9am-10am @ D4</p> <p>Elder Fitness 1pm - 2pm @ D5</p> <p>Stretch, Flex &amp; Tone 9:30am - 10:30am @ D6</p> <p>Stretch, Flex &amp; Tone 9am - 10am @ D7</p>		<p><b>NO CLASSES ON FRIDAYS</b></p>	

### Banana-Blueberry-Soy Smoothie

#### INGREDIENTS

- 1¼ c light soy milk
- ½ c frozen loose-pack blueberries
- ½ frozen banana, sliced
- 2 tsp sugar or 2 packets artificial sweetener
- 1 tsp pure vanilla extract



Put everything into the blender & puree until smooth.

\*Makes two (2) servings\*