


	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>Wellness Center Calendar</p> <p>Let's embrace the energy of spring to revitalize our fitness routines and embrace a healthier lifestyle with the following ideas:</p> <ul style="list-style-type: none"> • Take your workouts outdoors and enjoy the fresh air and blooming nature. • Try new our new class this spring "Walking Club" to stay active and engaged outdoors. • Set new fitness goals to challenge yourself and stay motivated as the season changes. • Stay hydrated and make the most of the longer daylight hours to boost your energy levels and mood. 	<p>"April hath put a spirit of youth in everything." — William Shakespeare</p>	<p>9:30 ♥ Upper Body Focus [WC] 1</p> <p>11:00 ♥ Chair Yoga [WC]</p> <p>1:30 Balance & Fall Prevention Training</p> <p>4:30 Aqua Fitness W/ Shelia [WC]</p>	<p>9:30 ♥ Azalea Aqua Fitness w/ Shameka [WC] 2</p> <p>10:00 Integrated Therapy- Aqua PT</p> <p>11:00 Total Body Workout</p> <p>1:30 Walking Club [WC]</p>	<p>9:30 ♥ Upper Body Focus [WC] 3</p> <p>10:00 ♥ Open Swim [WC]</p> <p>11:00 ♥ Chair Yoga [WC]</p> <p>4:30 Aqua Fitness W/ Shelia [WC]</p>	<p>9:30 ♥ Open Swim 4</p> <p>10:00 Integrated Therapy- Aqua PT</p> <p>11:00 Total Body Workout</p> <p>1:30 ♥ Lower Focus [WC]</p>	<p>9:30 ♥ Azalea Aqua Fitness w/ Shameka [WC] 5</p> <p>10:00 ♥ Open Swim [WC]</p> <p>11:00 ♥ Chair Yoga [WC]</p> <p>1:30 Chair Zumba</p> <p>4:30 Aqua Fitness W/ Shelia [WC]</p>	<p>10:00 Azalea 6</p> <p>Estates 25th Anniversary Celebration 10AM-2PM</p>	
	<p>1:00 Balance & Fall Prevention Training 7</p> <p>3:30 ♥ Open Swim [WC]</p> <p>6:00 ♥ Cardio Drumming [WC]</p>	<p>9:30 ♥ Upper Body Focus [WC] 8</p> <p>11:00 ♥ Chair Yoga [WC]</p> <p>1:30 Balance & Fall Prevention Training</p> <p>4:30 Aqua Fitness W/ Shelia [WC]</p>	<p>9:30 ♥ Azalea Aqua Fitness w/ Shameka [WC] 9</p> <p>10:00 Integrated Therapy- Aqua PT</p> <p>11:00 Total Body Workout</p> <p>1:30 Walking Club [WC]</p>	<p>9:30 ♥ Upper Body Focus [WC] 10</p> <p>10:00 ♥ Open Swim [WC]</p> <p>11:00 ♥ Chair Yoga [WC]</p> <p>1:30 ♥ Balance & Fall Prevention Training [WC]</p> <p>4:30 Aqua Fitness W/ Shelia [WC]</p>	<p>9:30 ♥ Open Swim 11</p> <p>10:00 Integrated Therapy- Aqua PT</p> <p>11:00 Total Body Workout</p> <p>1:30 ♥ Lower Focus [WC]</p>	<p>9:30 ♥ Azalea Aqua Fitness w/ Shameka [WC] 12</p> <p>10:00 ♥ Open Swim [WC]</p> <p>11:00 ♥ Chair Yoga [WC]</p> <p>1:30 Chair Zumba</p> <p>4:30 Aqua Fitness W/ Shelia [WC]</p>	<p>11:15 ♥ Cardio 13</p> <p>Drumming [WC]</p> <p>1:00 ♥ Lower Focus [WC]</p> <p>3:30 ♥ Open Swim [WC]</p>	
	<p>11:15 Balance & Fall Prevention Training 14</p> <p>1:00 ♥ Cardio Drumming [WC]</p> <p>3:30 ♥ Open Swim [WC]</p>	<p>9:30 ♥ Upper Body Focus [WC] 15</p> <p>11:00 ♥ Chair Yoga [WC]</p> <p>1:30 Balance & Fall Prevention Training</p> <p>4:30 Aqua Fitness W/ Shelia [WC]</p>	<p>9:30 ♥ Azalea Aqua Fitness w/ Shameka [WC] 16</p> <p>10:00 Integrated Therapy- Aqua PT</p> <p>11:00 Total Body Workout</p> <p>1:30 Walking Club [WC]</p>	<p>9:30 ♥ Upper Body Focus [WC] 17</p> <p>10:00 ♥ Open Swim [WC]</p> <p>11:00 ♥ Chair Yoga [WC]</p> <p>1:30 ♥ Wellness Chat [WC]</p> <p>4:30 Aqua Fitness W/ Shelia [WC]</p>	<p>9:30 ♥ Open Swim 18</p> <p>10:00 Integrated Therapy- Aqua PT</p> <p>11:00 Total Body Workout</p> <p>1:30 ♥ Lower Focus [WC]</p>	<p>9:30 ♥ Azalea Aqua Fitness w/ Shameka [WC] 19</p> <p>10:00 ♥ Open Swim [WC]</p> <p>11:00 ♥ Chair Yoga [WC]</p> <p>1:30 Chair Zumba</p> <p>4:30 Aqua Fitness W/ Shelia [WC]</p>	<p>1:00 ♥ Lower Focus [WC] 20</p> <p>3:30 ♥ Open Swim [WC]</p> <p>6:00 ♥ Cardio Drumming [WC]</p>	
	<p>11:15 Balance & Fall Prevention Training 21</p> <p>1:00 ♥ Cardio Drumming [WC]</p> <p>3:30 ♥ Open Swim [WC]</p>	<p>9:30 ♥ Upper Body Focus [WC] 22</p> <p>11:00 ♥ Chair Yoga [WC]</p> <p>1:30 Balance & Fall Prevention Training</p> <p>4:30 Aqua Fitness W/ Shelia [WC]</p>	<p>9:30 ♥ Azalea Aqua Fitness w/ Shameka [WC] 23</p> <p>10:00 Integrated Therapy- Aqua PT</p> <p>11:00 Total Body Workout</p> <p>1:30 Walking Club [WC]</p>	<p>9:30 ♥ Upper Body Focus [WC] 24</p> <p>10:00 ♥ Open Swim [WC]</p> <p>11:00 ♥ Chair Yoga [WC]</p> <p>1:30 ♥ Balance & Fall Prevention Training [WC]</p> <p>4:30 Aqua Fitness W/ Shelia [WC]</p>	<p>9:30 ♥ Open Swim 25</p> <p>10:00 Integrated Therapy- Aqua PT</p> <p>11:00 Total Body Workout</p> <p>1:30 ♥ Lower Focus [WC]</p>	<p>9:30 ♥ Azalea Aqua Fitness w/ Shameka [WC] 26</p> <p>10:00 ♥ Open Swim [WC]</p> <p>11:00 ♥ Chair Yoga [WC]</p> <p>1:30 Chair Zumba</p> <p>4:30 Aqua Fitness W/ Shelia [WC]</p>	<p>1:00 ♥ Cardio 27</p> <p>Drumming [WC]</p> <p>3:30 ♥ Open Swim [WC]</p> <p>6:00 ♥ Lower Focus [WC]</p>	
		<p>1:00 ♥ Balance & Fall Prevention Training [WC] 28</p> <p>3:30 ♥ Open Swim [WC]</p> <p>6:00 Cardio Drumming</p>	<p>9:30 ♥ Upper Body Focus [WC] 29</p> <p>11:00 ♥ Chair Yoga [WC]</p> <p>1:30 Balance & Fall Prevention Training</p> <p>4:30 Aqua Fitness W/ Shelia [WC]</p>	<p>9:30 ♥ Azalea Aqua Fitness w/ Shameka [WC] 30</p> <p>10:00 Integrated Therapy- Aqua PT</p> <p>11:00 Total Body Workout</p> <p>1:30 Walking Club [WC]</p>	<p>Azalea Estates Celebrates 25 Years!</p> <p>Join us Saturday, April 6th 10 am-2 pm</p> <p>♥ Health and Wellness 🐾 Social</p>			<p>Location Keys Wellness Center WC</p>