

# April 2026 WELLNESS CENTER CALENDAR



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Here are 4 Wellness Wins:</b></p> <p><b>1. Get Outdoors for Vitamin D:</b> Aim for 15 minutes of daily sunlight. As the weather warms, natural light helps regulate sleep and boosts your mood after the long winter months.</p> <p><b>2. Refresh Your Hydration:</b> Set a goal to drink water before you feel thirsty. Keeping a glass in every room makes it easier to stay hydrated as spring temperatures rise.</p> <p><b>3. Audit the Cabinet:</b> Toss expired medications and supplements. It's a simple way to prevent accidental mix-ups.</p> <p><b>4. Kickstart with Fresh Fruit:</b> Enjoy a bowl of fresh fruit first thing in the morning. It provides a natural energy boost and essential fiber to support healthy digestion throughout the day.</p> <p><b>Jot Down Your Reflections:</b></p>	<p>Personalized workout sessions. (one-on-one) with Shameka are offered at the Wellness Center. Book your private sessions today.</p>  <p>105 Autumn Glen Circle Fayetteville, GA 30215 770-461-0039</p>			<p>9:30 ♥ Upper Body Focus [WC] <b>1</b></p> <p>11:15 ♥ Chair Yoga [WC]</p> <p>12:30 Aqua Fitness w/Phyllis Balance &amp; Fall Prevention Training [WC]</p> <p>2:30 Open Swim</p> <p>4:30 Aqua Fitness W/ Sheila</p>	<p>9:30 <b>2</b> Open Swim (1 HR)</p> <p>11:15 <b>Total Body Workout [WC]</b></p> <p>1:30 ♥ <b>Lower Focus [WC]</b></p>	<p>9:30 ♥ <b>Aqua Fitness w/ Shameka</b> <b>3</b></p> <p>10:30 Walking Club [WC]</p> <p>11:15 ♥ <b>Chair Yoga [WC]</b></p> <p>1:30 Core Focus</p> <p>4:30 Aqua Fitness W/ Sheila</p>	<p>11:15 ♥ <b>4</b></p> <p>Cardio Drumming [WC]</p> <p>1:30 ♥ <b>Lower Focus [WC]</b></p>
	<p><b>Easter Sunday</b> <b>5</b></p> <p>11:15 Balance &amp; Fall Prevention Training [WC]</p> <p>1:30 ♥ <b>Cardio Drumming [WC]</b></p>	<p>9:30 ♥ <b>Upper Body Focus [WC]</b> <b>6</b></p> <p>11:15 ♥ <b>Chair Yoga [WC]</b></p> <p>12:30 Aqua Fitness w/Phyllis Balance &amp; Fall Prevention Training</p> <p>2:30 Open Swim</p> <p>4:30 Aqua Fitness W/ Sheila</p>	<p>9:30 ♥ <b>Aqua Fitness w/ Shameka</b> <b>7</b></p> <p>10:30 Walking Club [WC]</p> <p>11:15 <b>Total Body Workout [WC]</b></p> <p>1:30 <b>Fit &amp; Fun Gym Session [WC]</b></p>	<p>9:30 ♥ <b>Upper Body Focus [WC]</b> <b>8</b></p> <p>11:15 ♥ <b>Chair Yoga [WC]</b></p> <p>12:30 Aqua Fitness w/Phyllis Balance &amp; Fall Prevention Training [WC]</p> <p>2:30 Open Swim</p> <p>4:30 Aqua Fitness W/ Sheila</p>	<p>9:30 <b>9</b> Open Swim (1HR)</p> <p>11:15 <b>Total Body Workout [WC]</b></p> <p>1:30 ♥ <b>Lower Focus [WC]</b></p>	<p>9:30 ♥ <b>Aqua Fitness w/ Shameka</b> <b>10</b></p> <p>10:30 Walking Club [WC]</p> <p>11:15 ♥ <b>Chair Yoga [WC]</b></p> <p>1:30 Core Focus</p> <p>4:30 Aqua Fitness W/ Sheila</p>	<p>11:15 ♥ <b>11</b></p> <p>Cardio Drumming [WC]</p> <p>1:30 ♥ <b>Lower Focus [WC]</b></p>
	<p>11:15 Balance &amp; Fall Prevention Training [WC] <b>12</b></p> <p>1:30 ♥ <b>Cardio Drumming [WC]</b></p>	<p>9:30 ♥ <b>Upper Body Focus [WC]</b> <b>13</b></p> <p>11:15 ♥ <b>Chair Yoga [WC]</b></p> <p>12:30 Aqua Fitness w/Phyllis Balance &amp; Fall Prevention Training</p> <p>2:30 Open Swim</p> <p>4:30 Aqua Fitness W/ Sheila</p>	<p>9:30 ♥ <b>Aqua Fitness w/ Shameka</b> <b>14</b></p> <p>10:30 Walking Club [WC]</p> <p>11:15 <b>Total Body Workout [WC]</b></p> <p>1:30 <b>Fit &amp; Fun Gym Session [WC]</b></p>	<p>9:30 ♥ <b>Upper Body Focus [WC]</b> <b>15</b></p> <p>11:15 ♥ <b>Chair Yoga [WC]</b></p> <p>12:30 Aqua Fitness w/Phyllis Balance &amp; Fall Prevention Training [WC]</p> <p>2:30 Open Swim</p> <p>4:30 Aqua Fitness W/ Sheila</p>	<p>9:30 <b>16</b> Open Swim (1HR)</p> <p>11:15 <b>Total Body Workout [WC]</b></p> <p>1:30 ♥ <b>Lower Focus [WC]</b></p>	<p>9:30 ♥ <b>Aqua Fitness w/ Shameka</b> <b>17</b></p> <p>10:30 Walking Club [WC]</p> <p>11:15 ♥ <b>Chair Yoga [WC]</b></p> <p>1:30 Core Focus</p> <p>4:30 Aqua Fitness W/ Sheila</p>	<p>11:15 ♥ <b>18</b></p> <p>Cardio Drumming [WC]</p> <p>1:30 ♥ <b>Lower Focus [WC]</b></p>
	<p>11:15 Balance &amp; Fall Prevention Training [WC] <b>19</b></p> <p>1:30 ♥ <b>Cardio Drumming [WC]</b></p>	<p>9:30 ♥ <b>Upper Body Focus [WC]</b> <b>20</b></p> <p>11:15 ♥ <b>Chair Yoga [WC]</b></p> <p>12:30 Aqua Fitness w/Phyllis Balance &amp; Fall Prevention Training</p> <p>2:30 Open Swim</p> <p>4:30 Aqua Fitness W/ Sheila</p>	<p>9:30 ♥ <b>Aqua Fitness w/ Shameka</b> <b>21</b></p> <p>10:30 Walking Club [WC]</p> <p>11:15 <b>Total Body Workout [WC]</b></p> <p>1:30 <b>Fit &amp; Fun Gym Session [WC]</b></p>	<p>9:30 ♥ <b>Upper Body Focus [WC]</b> <b>22</b></p> <p>11:15 ♥ <b>Chair Yoga [WC]</b></p> <p>12:30 Aqua Fitness w/Phyllis Balance &amp; Fall Prevention Training [WC]</p> <p>1:30 ♥ <b>Wellness Chat [WC]</b></p> <p>2:30 Open Swim</p> <p>4:30 Aqua Fitness W/ Sheila</p>	<p>9:30 <b>23</b> Open Swim (1HR)</p> <p>11:15 <b>Total Body Workout [WC]</b></p> <p>1:30 ♥ <b>Lower Focus [WC]</b></p>	<p>9:30 ♥ <b>Aqua Fitness w/ Shameka</b> <b>24</b></p> <p>10:30 Walking Club [WC]</p> <p>11:15 ♥ <b>Chair Yoga [WC]</b></p> <p>1:30 Core Focus</p> <p>4:30 Aqua Fitness W/ Sheila</p>	<p>11:15 ♥ <b>25</b></p> <p>Cardio Drumming [WC]</p> <p>1:30 ♥ <b>Lower Focus [WC]</b></p>
	<p>11:15 Balance &amp; Fall Prevention Training [WC] <b>26</b></p> <p>1:30 ♥ <b>Cardio Drumming [WC]</b></p>	<p>9:30 ♥ <b>Upper Body Focus [WC]</b> <b>27</b></p> <p>11:15 ♥ <b>Chair Yoga [WC]</b></p> <p>12:30 Aqua Fitness w/Phyllis Balance &amp; Fall Prevention Training</p> <p>2:30 Open Swim</p> <p>4:30 Aqua Fitness W/ Sheila</p>	<p>9:30 ♥ <b>Aqua Fitness w/ Shameka</b> <b>28</b></p> <p>10:30 Walking Club [WC]</p> <p>11:15 <b>Total Body Workout [WC]</b></p> <p>1:30 <b>Fit &amp; Fun Gym Session [WC]</b></p>	<p>9:30 ♥ <b>Upper Body Focus [WC]</b> <b>29</b></p> <p>11:15 ♥ <b>Chair Yoga [WC]</b></p> <p>12:30 Aqua Fitness w/Phyllis Balance &amp; Fall Prevention Training [WC]</p> <p>2:30 Open Swim</p> <p>4:30 Aqua Fitness W/ Sheila</p>	<p>9:30 <b>30</b> Open Swim (1 HR)</p> <p>11:15 <b>Total Body Workout [WC]</b></p> <p>1:30 ♥ <b>Lower Focus [WC]</b></p>	<p><b>Location Keys</b> Wellness Center WC</p> <p>“Let us be grateful to people who make us happy. They are the charming gardeners who make our souls blossom.” — Marcel Proust</p>	