

# April 2025 Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	1 8:30am-7pm	2 8:30am-7pm	3 8:30am-7pm	4 9am- 12pm
	9am-Walking group- Outdoors (1) 10am- Spin (1) 12pm- Creative Cooking (1) 4pm- Biblical Counseling (1)	9am-Walking group- Outdoors (1) 10am- Chair Yoga (2) 2pm- Workout with Bands (1) 5pm- Weight Training (2)	11am- GED Classes(1) 1pm- Pilates (1) 2pm- Weight Training (2)	9am- Pilates (1) 9:30am- HIIT with Dalia (1) 10am- Zumba (1)
7 8:30am- 7pm	8 8:30am-7pm	9 8:30am-7pm	10 8:30am-7pm	11 9am-12pm
9am- Gentle Yoga (2) 10am- Zumba (1) 1pm- Pilates (1) 4pm- Life Skills (2) 5pm- Zumba (1) 5:30pm- Creative Cooking (1)	9:30am- Oral Health (2) 10am- Spin (1) 12pm- Creative Cooking (1) 2pm- Learn and play (2) 4pm- Biblical Counseling (1)	9am-Walking group- Outdoors (1) 10am- Chair Yoga (2) 2pm- Crafts With Aneli (1) 5pm- Weight Training (2)	10am- Citizenship Class (1) 1pm- Pilates (1) 2pm- Weight Training (2)	9am- Pilates (1) 9:30am- HIIT with Dalia (1) 10am- Spin (1)
14 8:30am- 7pm	15 8:30am- 7pm	16 8:30am- 7pm	17 8:30am- 7pm	18 9am-12pm
9am- Gentle Yoga (2) 4pm- Life Skills (2) 5:30pm-Creative Cooking (1)	9:30am- Oral Health (2) 12pm- Creative Cooking (1) 4pm- Biblical Counseling (1)	9am- Stress Management (2) 10am- Chair Yoga (2) 2pm- Journaling (1)	10am- Citizenship Class (1) 2pm- Weight Training (2) 3pm- Art (1)	
21 8:30am-7pm	22 8:30am-7pm	23 8:30am-7pm	24 8:30am-7pm	25 9am-12pm
10am- Zumba (1) 1pm- Pilates (1) 4pm- Life Skills (2) 5pm-Zumba (1) 5:30pm-Creative Cooking (1)	9am- Legal Awareness(2) 10am- Spin (1) 2pm- Learn and play (2) 4pm- Biblical Counseling (1)	9am- Walking group-Outdoors (1) 12pm- Creative Cooking (1) 2pm- Crafts With Aneli (1) 5pm- Weight Training (2)	10am- Citizenship Class (1) 10am- Building Goals (2) 12pm- Bible Study (1) 1pm- Pilates (2) 2pm- Weight Training (2)	9am- Pilates (1) 9:30am- HIIT with Dalia (1) 10am- Spin (1)
28 8:30am-7pm	29 8:30am-7pm	30 8:30am-7pm		
9am- Gentle Yoga (2) 10am- Zumba (1) 1pm- Pilates (1) 4pm- Life Skills (2) 5pm-Zumba (1) 5:30pm-Creative Cooking (1)	9am- Walking Group Outdoors (1) 10am- Spin (1) 12pm- Creative Cooking (1) 4pm- Biblical Counseling (1)	9am- Walking group Outdoors (1) 10am- Chair Yoga (2) 2pm- Workout with bands(1) 4pm- Self-love workshop (2) 5pm- Weight Training (2)		