

RANCH

April 2016

EXERCISE

| Sun | Mon | Tue | Wed | Thur | Fri | Sat |
|-----------|--|--|---|--|---|-----------|
| | | | | | 1 Aquacise 8:30 am Ping Pong 6 pm | 2 |
| 3 | 4 Aerobics 8 am Chair Exercise 8:30 am Aquacise 8:30 am | 5 Aerobics 8 am Chair Exercise 8:30 am Aquacise 8:30 am | 6 Aquacise 8:30 am Ping Pong 6 pm | 7 Aerobics 8 am Chair Exercise 8:30 am Aquacise 8:30 am | 8 Aquacise 8:30 am Ping Pong 6 pm | 9 |
| 10 | 11 Aerobics 8 am Chair Exercise 8:30 am Aquacise 8:30 am | 12 Aerobics 8 am Chair Exercise 8:30 am Aquacise 8:30 am | 13 Aquacise 8:30 am Ping Pong 6 pm | 14 Aerobics 8 am Chair Exercise 8:30 am Aquacise 8:30 am | 15 Aquacise 8:30 am Ping Pong 6 pm | 16 |
| 17 | 18 Aerobics 8 am Chair Exercise 8:30 am Aquacise 8:30 am | 19 Aerobics 8 am Chair Exercise 8:30 am Aquacise 8:30 am | 20 Aquacise 8:30 am | 21 Aerobics 8 am Chair Exercise 8:30 am Aquacise 8:30 am | 22 Aquacise 8:30 am Ping Pong 6 pm | 23 |
| 26 | 25 Aerobics 8 am Chair Exercise 8:30 am Aquacise 8:30 am | 26 Aerobics 8 am Chair Exercise 8:30 am Aquacise 8:30 am | 27 Aquacise 8:30 am Ping Pong 6 pm | 28 Aerobics 8 am Chair Exercise 8:30 am Aquacise 8:30 am | 29 Aquacise 8:30 am Ping Pong 6 pm | 30 |