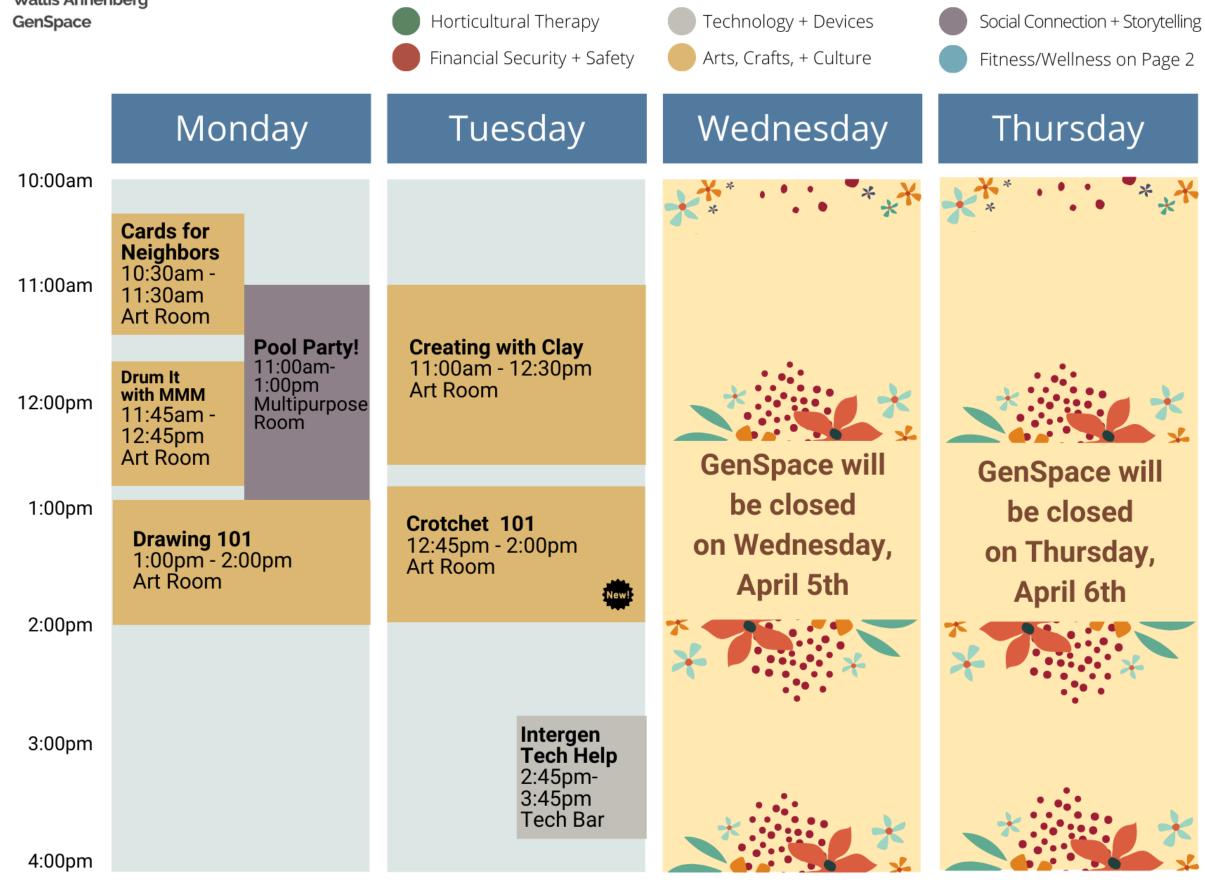


Wallis Annenberg





## **Health, Fitness, + Wellness Schedule**

	Monday	Tuesday	Wednesday	Thursday
10:00am		YMCA Presents:	****	***
11:00am	Morning Stretching 10:30am - 11:30am Fitness Room	Dance Aerobics 10:15am - 11:15am Fitness Room		
12:00pm		YMCA Presents: Dance Aerobics 11:30am - 12:30pm Fitness Room	*	*
1:00pm			GenSpace will	GenSpace will be closed
1.00μπ	Belly Dancing 1:00pm - 2:00pm Fitness Room	Barre Sculpt 1:00pm - 2:00pm Fitness Room	be closed on Wednesday, April 5th	on Thursday,  April 6th
2:00pm			*	*
3:00pm		Mindful Contlo 9		
4:00pm	Tai Chi Self-Defense 3:00pm - 4:00pm Fitness Room	Mindful, Gentle, & Restful Stretching 3:00pm - 4:00pm Fitness Room	*	*