

# April Fitness 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1 10am Aqua Fitness	2 9am-Light Weights w/Demet 10am Aqua Fitness	3 9:30am Yoga w/Demet 10am Aqua Zumba w/Karen	4
5 8:30am Yoga w/Demet	6 9am Mat Pilates w/Demet 10am Aqua Fitness	7 8am Tai Chi 10am Aqua Fitness	8 10am Aqua Fitness	9 9am-Light Weights w/Demet 10am Aqua Fitness	10 8am Tai Chi 9:30am Yoga w/Demet 10am Aqua Zumba w/Karen	11 8am Tai Chi
12 8:30am Yoga w/Demet	13 9am Mat Pilates w/Demet 10am Aqua Fitness  7pm FREE Sound Bath	14 8am Tai Chi 10am Aqua Fitness	15 9am Chair Yoga 10am Aqua Fitness	16 9am-Light Weights w/Demet 10am Aqua Fitness	17 8am Tai Chi 9:30am Yoga w/Demet 10am Aqua Zumba w/Karen	18 8am Tai Chi
19 8:30am Yoga w/Demet	20 9am Mat Pilates w/Demet 10am Aqua Fitness	21 8am Tai Chi 10am Aqua Fitness	22 9am Chair Yoga 10am Aqua Fitness	23 9am-Light Weights w/Demet 10am Aqua Fitness	24 8am Tai Chi 9:30am Yoga w/Demet 10am Aqua Zumba w/Karen	25 8am Tai Chi
26 8:30am Yoga w/Demet	27 9am Mat Pilates w/Demet 10am Aqua Fitness	28 8am Tai Chi 10am Aqua Fitness	29 9am Chair Yoga 10am Aqua Fitness	30 9am-Light Weights w/Demet 10am Aqua Fitness	1	2
3	4	<i>Notes</i> BLUE: FITNESS GREEN: GROUPS & CLUBS RED: SPECIAL EVENTS PURPLE: FOOD TRUCKS	All dates, times & locations of activities & events listed are subject to change without notice			