



APRIL

ADULT WELLNESS PROGRAM

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S

1

8:45 - 9:45 AM at
the Brown Gym

2

8:45 - 9:45 AM at
the Brown Gym
11 - 11:45 AM at
Hunter Hall
12 - 12:45 AM at
Hunter Hall

3

8:45 - 9:45 AM at
the Brown Gym

4

8:45 - 9:45 AM at
the Brown Gym
11 - 11:45 AM at
Hunter Hall

5

6

7

8:45 - 9:45 AM at
the Brown Gym
11 - 11:45 AM at
Hunter Hall
12 - 12:45 PM at
Hunter Hall

8

8:45 - 9:45 AM at
the Brown Gym

9

8:45 - 9:45 AM at
the Brown Gym
11 - 11:45 AM at
Hunter Hall
12 - 12:45 AM at
Hunter Hall

10

8:45 - 9:45 AM at
the Brown Gym

11

8:45 - 9:45 AM at
the Brown Gym
11 - 11:45 AM at
Hunter Hall

12

13

14

8:45 - 9:45 AM at
the Brown Gym
11 - 11:45 AM at
Hunter Hall
12 - 12:45 PM at
Hunter Hall

15

8:45 - 9:45 AM at
the Brown Gym

16

8:45 - 9:45 AM at
the Brown Gym
11 - 11:45 AM at
Hunter Hall
12 - 12:45 AM at
Hunter Hall

17

8:45 - 9:45 AM at
the Brown Gym

18

8:45 - 9:45 AM at
the Brown Gym
11 - 11:45 AM at
Hunter Hall

19

20



21

8:45 - 9:45 AM at
the Brown Gym
11 - 11:45 AM at
Hunter Hall
12 - 12:45 PM at
Hunter Hall

22

8:45 - 9:45 AM at
the Brown Gym

23

8:45 - 9:45 AM at
the Brown Gym
11 - 11:45 AM at
Hunter Hall
12 - 12:45 AM at
Hunter Hall

24

8:45 - 9:45 AM at
the Brown Gym

25

8:45 - 9:45 AM at
the Brown Gym
No Pilates

26

27

28

8:45 - 9:45 AM at
the Brown Gym
11 - 11:45 AM at
Hunter Hall
12 - 12:45 PM at
Hunter Hall

29

8:45 - 9:45 AM at
the Brown Gym

30

8:45 - 9:45 AM at
the Brown Gym
11 - 11:45 AM at
Hunter Hall
12 - 12:45 AM at
Hunter Hall

Legend:

- Level 1
Low Impact Exercise
- Level 1
Aerobics
- Level 2
Pilates
- Level 3
Pilates
- Level 2
Functional Strength Training
- Level 3
Functional Strength Training
- Tai Chi
- Workshop