
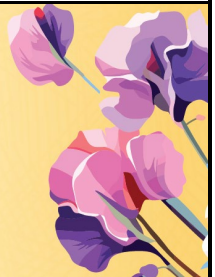


Monday	Tuesday	Wednesday	Thursday	Friday
 <h1>April 2026</h1> <h2>WELLNESS CALENDAR</h2>		9am-Water Aerobics 10am-Strength & Balance 11:15am-Water Walking 3-5pm-Billardards w/ George	1 9-11am-Open Swim 11am-Calm the Mind (Bilateral Beats/Music Therapy) 1pm-Chair Volleyball (Brandon Oaks vs Friendship) 1-3pm-Open Swim 3-5pm-Billardards w/George	2 9am-Water Aerobics 10am-Strength & Balance 11am-Strength & Balance
9am-Water Aerobics 10am-Strength & Balance 11:15am-Open Swim (no class) 3-5pm-Billardards w/ George	6 9-11am-Open Swim 11am-Cardio Drums 1pm-Chair Volleyball 1-3pm-Open Swim 3-5pm-Billardards w/George	7 9am-Water Aerobics 10am-Strength & Balance 11:15am-Water Walking 3-5pm-Billardards w/ George	8 9-11am-Open Swim 11am-Cardio Drums 1pm-Chair Volleyball 1-3pm-Open Swim 3-5pm-Billardards w/George	9 9am-Water Aerobics 10am-Strength & Balance 11am-Strength & Balance
9am-Water Aerobics 10am-Strength & Balance 11:15am-Water Walking 3-5pm-Billardards w/ George	13 9-11am-Open Swim 11am-Cardio Drums 1pm-Chair Volleyball 1-3pm-Open Swim 3-5pm-Billardards w/George	14 9am-Water Aerobics 10am-Strength & Balance 11:15am-Water Walking 3-5pm-Billardards w/ George	15 9-11am-Open Swim 11am-Calm the Mind Meditation Class 1pm-Chair Volleyball 1-3pm-Open Swim 3-5pm-Billardards w/George	16 9am-Water Aerobics 10am-Strength & Balance 11am-Strength & Balance
9am-Water Aerobics 10am-Strength & Balance 11:15am-Water Walking 3-5pm-Billardards w/ George	20 9-11am-Open Swim 10-12:30am-Mall Walking Reservation Only (Buffalo Wild Wings Lunch) 1pm-Chair Volleyball 1-3pm-Open Swim 3-5pm-Billardards w/George	21 9am-Water Aerobics 10am-Strength & Balance 11:15am-Water Walking 3-5pm-Billardards w/ George	22 9-11am-Open Swim 11am-Cardio Drums 1pm-Chair Volleyball 1-3pm-Open Swim 3-5pm-Billardards w/George	23 9am-Water Aerobics 10am-Strength & Balance
9am-Water Aerobics 10am-Strength & Balance 11:15am-Water Walking 3-5pm-Billardards w/ George	27 9-11am-Open Swim 10:00-Happy Hallows & First Watch Brunch (Reservation Only) 1pm-Chair Volleyball 1-3pm-Open Swim 3-5pm-Billardards w/George	28 9am-Water Aerobics 10am-Strength & Balance 11:15am-Water Walking 3-5pm-Billardards w/ George	29 9-11am-Open Swim 11am-Keeva the Diva (Therapy Dog) CR 1pm-Chair Volleyball 1-3pm-Open Swim 3-5pm-Billardards w/George	30 

Contact Michelle for **GYM ORIENTATION** or questions 540-777-1459 or email mpotter@friendship.us