

SUN	MON	TUE	WED	THUR	FRI	SAT
	April Fool's Day 8:30 Tai Chi (973) 10:00 Aquafit (JAC) 10:30 Smart Bells (AR) 11:05 Quick Core (AR) 3:00 ABC's (AR)	8:30 Walking Group (FC) 10:00 Aquacise (JAC) 10:30 Smart Bells II (AR) 11:15 Cornhole (AR) 1:00 Open Swim (JAC)	10:00 Aqua Balance and Strength (JAC) 10:30 Smart Bells (AR) 1:30 Posture 101 (AR) 3:00 ABC's (AR) 3:35 Quick Core (AR)	8:30 Morning Core (973) 10:00 Aquacise (JAC) 10:30 Smart Bells II (AR) 11:05 Quick Core (AR) 1:00 Yoga with Mary Beth Ansell (AR) 1:00 Open Swim (JAC)	8:30 Walking Group (FC) 10:30 Smart Bells (AR) 11:15 Cornhole (AR) 1:00 Brain Boosters: Season Opener (AR) 2:00 Line Dancing (AR) 2:00 Fitness Open Consultations (WC)	
7	8:30 Tai Chi (973) 10:00 Aquafit (JAC) 10:30 Smart Bells (AR) 11:05 Quick Core (AR) 3:00 ABC's (AR)	8:30 Walking Group (FC) 10:00 Aquacise (JAC) 10:30 Smart Bells II (AR) 11:15 Cornhole (AR) 1:00 Open Swim (JAC)	10:00 Aqua Balance and Strength (JAC) 10:30 Smart Bells (AR) 1:30 Posture 101 (AR) 3:00 ABC's (AR) 3:35 Quick Core (AR)	7:30 Pump it up for Parkinson's NuStep-A-Thon (Lobby) 8:30 Morning Core (973) 10:00 Aquacise - CANCELLED (JAC) 10:30 Smart Bells II - CANCELLED (AR) 11:05 Quick Core - Cancelled (AR) 1:00 Yoga with Mary Beth Ansell (AR) 1:00 Open Swim - CANCELLED (JAC)	8:30 Walking Group (FC) 10:30 Smart Bells (AR) 11:15 Cornhole (AR) 1:00 Brain Boosters: Season Opener (AR) 2:00 Fitness Open Consultations (WC)	13
14	Tax Day 8:30 Tai Chi (973) 10:00 Aquafit (JAC) 10:30 Smart Bells (AR) 11:05 Quick Core (AR) 3:00 ABC's (AR)	8:30 Walking Group (FC) 10:00 Aquacise (JAC) 10:30 Smart Bells II (AR) 11:15 Cornhole (AR) 1:00 Open Swim (JAC)	10:00 Aqua Balance and Strength (JAC) 10:30 Smart Bells (AR) 1:30 Posture 101 (AR) 3:00 ABC's (AR) 3:35 Quick Core (AR)	8:30 Morning Core (973) 10:00 Aquacise (JAC) 10:30 Smart Bells II (AR) 11:05 Quick Core (AR) 1:00 Yoga with Mary Beth Ansell (AR) 1:00 Open Swim (JAC)	8:30 Walking Group (FC) 10:30 Smart Bells (AR) 11:15 Cornhole (AR) 1:00 Brain Boosters: Season Opener (AR) 2:00 Line Dancing (AR) 2:00 Fitness Open Consultations (WC)	20
21	Passover Earth Day 8:30 Tai Chi (973) 10:00 Aquafit (JAC) 10:30 Smart Bells (AR) 11:05 Quick Core (AR) 3:00 ABC's (AR)	8:30 Walking Group (FC) 10:00 Aquacise (JAC) 10:30 Smart Bells II (AR) 11:15 Cornhole (AR) 1:00 Open Swim (JAC)	10:00 Aqua Balance and Strength (JAC) 10:30 Smart Bells (AR) 1:30 Posture 101 (AR) 3:00 ABC's (AR) 3:35 Quick Core (AR)	8:30 Morning Core (973) 10:00 Aquacise (JAC) 10:30 Smart Bells II (AR) 11:05 Quick Core (AR) 1:00 Yoga with Mary Beth Ansell (AR) 1:00 Open Swim (JAC)	8:30 Walking Group (FC) 10:30 Smart Bells (AR) 11:15 Cornhole (AR) 1:00 Brain Boosters: Season Opener (AR) 2:00 Fitness Open Consultations (WC)	27
28	8:30 Tai Chi (973) 10:00 Aquafit (JAC) 10:30 Smart Bells (AR) 11:05 Quick Core (AR) 3:00 ABC's (AR)	8:30 Walking Group (FC) 10:00 Aquacise (JAC) 10:30 Smart Bells II (AR) 11:15 Cornhole (AR) 1:00 Open Swim (JAC)	LOCATION KEY AR - Aerobics Room 973 - Channel 973 FC - Fitness Center JAC - Jefferson Aquatic Center	WC - Wellness Center		

April 2024

Fitness Classes

NIFS Fitness Director - 804-521-9266

