

April

2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			9:15 Ever-Fit (DW)	9:15 Ever-Fit (DW)	9:15 Ever-Fit (DW)	9:15 Ever-Fit (DW)
5	6	7	8	9	10	11
	9:15 Ever-Fit (DW)	9:15 Zumba Gold (DW)	9:15 Ever-Fit (DW)	9:15 Zumba Gold (DW)	9:15 Ever-Fit (DW)	9:15 Ever-Fit (DW)
12	13	14	15	16	17	18
	9:15 Ever-Fit (DW)	9:15 Zumba Gold (DW)	9:15 Ever-Fit (DW)	9:15 Ever-Fit (DW) 2:00 Walking Group (Lobby)	9:15 Ever-Fit (DW)	9:15 Ever-Fit (DW)
19	20	21	22	23	24	25
	9:15 Ever-Fit (DW)	9:15 Zumba Gold (DW)	9:15 Ever-Fit (DW) 1:00 Walking Group (Lobby)	9:15 Zumba Gold (DW)	9:15 Ever-Fit (DW)	9:15 Ever-Fit (DW)
26	27	28	29	30		
	9:15 Ever-Fit (DW)	9:15 Zumba Gold (DW)	9:15 Ever-Fit (DW)	9:15 Ever-Fit (DW)		





Cascade Living Group

The Difference Between Living and Living Well