

# April Everfit & Exercise

Every day at 10:30 a.m!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			<b>Seated Yoga &amp; Meditation</b>	<b>Zumba with Claudia</b>	<b>Seated Movement &amp; Stretching</b>	<b>Thai Chi &amp; Deep Breathing</b>
5	6	7	8	9	10	11
<b>Movement &amp; Breathing Exercise</b>	<b>Movement &amp; Cardio with Marshal</b>	<b>Zumba with Claudia</b>	<b>Balloon Badminton</b>	<b>Zumba with Claudia</b>	<b>Stretching &amp; Meditation</b>	<b>Thai Chi &amp; Deep Breathing</b>
12	13	14	15	16	17	18
<b>Seated Movement &amp; Breathing</b>	<b>Movement &amp; Cardio with Marshal</b>	<b>Zumba with Claudia</b>	<b>Seated Stretches &amp; Yoga</b>	<b>Zumba with Claudia</b>	<b>Zen Breathing &amp; Stretching</b>	<b>Thai Chi &amp; Movement</b>
19	20	21	22	23	24	25
<b>Slow Tempo Movement</b>	<b>Movement &amp; Cardio with Marshal</b>	<b>Zumba with Claudia</b>	<b>Balloon Badminton</b>	<b>Zumba with Claudia</b>	<b>Seated Yoga &amp; Meditation</b>	<b>Thai Chi &amp; Deep Breathing</b>
26	27	28	29	30		
<b>Seated &amp; Standing Stretches</b>	<b>Movement &amp; Cardio with Marshal</b>	<b>Zumba with Claudia</b>	<b>Zen Meditation &amp; Breathing</b>	<b>Balloon Badminton</b>		





# Cascade Living Group

*The Difference Between Living and Living Well*